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BH school plan made public

$10.8M loan forgiveness, higher wages part of state rescue of district

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — The draft plan to turn the Benton Harbor school district around financially and academically is now in the hands of the public and school board trustees, for review.

Benton Harbor school board trustees met virtually with members of the BHAS Community Engagement Advisory Committee on Tuesday to go over the five-year plan, which will kick in this fall, if it's approved. The 97-page draft plan and the PowerPoint presentation used to describe the plan can be found at www.michigan.gov/engagecomm.

The public can view and comment on the plan from today through Saturday. The advisory committee will meet virtually Monday to consider approving the final version of the plan. School board trustees will meet virtually at 5:30 p.m. April 14 to consider the plan.

Between now and April 14, school board trustees are expected to meet with Deputy State Treasurer Joyce Parker, chairwoman of the advisory committee, two to three at a time to get their questions answered. Parker said she is also available for another public meeting.

The plan includes:

■ asking the state to forgive the emergency loans, which total $10.8 million;

■ reducing the number of buildings the district owns, from 11 down to two or three;

■ hiring a project manager to implement the plan;

■ establishing a parent academy;

■ increasing access to high-quality early childhood programs;

■ hiring a curriculum specialist to conduct a curriculum and instructional audit;

■ increasing staff pay to reduce the turnover rate of teachers and administrators.

Parker said it is projected that it would cost the district $3.8 million to implement the plan in its first year. She said the source for some of the money has already been identified. In addition, she said the district has a little over $2.4 million of its voter-approved sinking fund that can be used.

For the remaining four years, implementation of the plan is expected to cost $2.6 million (2021-22), $2.7 million (2022-23), $2.2 million (2023-24) and $2.2 million (2024-25).

Parker said the plan would need approval by the Benton Harbor school board, the Michigan Department of Education and the Michigan Department of Treasury before it is implemented. She said she hopes it can be approved soon so implementation can start by mid-May.

The report pointed out that the student count of the district has dropped over the past 10 years from 3,535 to 1,766 students. Parker said

See **PLAN**, page A2

Photos by Don Campbell / HP staff

General Manager Randy Siegert trims petunias Monday in one of the greenhouses at Crystal Springs Florist in Benton Township. The business is temporarily closed to the public due to the COVID-19 pandemic.

Trimming more than just plants

Florists, greenhouses in limbo due to pandemic

By TONY WITTKOWSKI
HP Staff Writer

BENTON TOWNSHIP — As the weather gets warmer, Randy Siegert is trying to stay cool.

Siegert, the general manager of Crystal Springs Florist in Benton Township, has gotten a lot of calls from customers wondering about what's going on, as COVID-19 has forced non-essential businesses to close.

"We're allowed to do production with minimal staff," Siegert said. "As of right now, we can't do curbside pickup and the retail side of our business isn't open."

Florist shops, like Crystal Springs, are closed as non-essential businesses. However, greenhouses are allowed to keep working under the agricultural exemption in Gov. Gretchen Whitmer's executive order. What's not clear is whether greenhouses will be allowed to sell the plants they are growing to the general public.

Siegert said with more people staying at home, they have continuously reached out with the hope to garden or maintain existing plants.

Greenhouses at Crystal Springs Florist in Benton Township contain hundreds of plants, as April is typically a busy time of the year. The business is closed for the time being because of the COVID-19 pandemic.

The horticulture industry is working with the state to see what can be done. Siegert said there is a possibility florists could sell online, but that wouldn't help businesses that don't already have the capability to do so.

"We'd like to be able to do at least curbside pickup with no customer contact," Siegert said. "I get why grocery stores are considered essential. At the same time, the garden sections of those stores don't need to be open."

This was an issue over the weekend, as Benton Township police officials forced Lowe's to close its garden section to the public.

Crystal Springs has had to close its florist and gift shop, but it has kept its garden center in full production. One of the biggest blows to the business has been a lack of funeral homes buying flowers.

Siegert said those still working have kept a safe distance from one another and regularly decontaminate everything.

The biggest hurdle for Crystal Springs is maintaining the crops in a presentable fashion. Siegert said he hopes they can reopen by next month, when Mother's Day comes around.

"We are running out of room. We have some spring crops that we probably won't be able to sell," he said. "We've been trimming our plants more than usual and are trying to delay the crops a little bit by lowering the greenhouse temperature."

Barcley Johnson, co-owner at Tara Florist Twelve Oaks, said they don't grow anything or use a greenhouse.

The St. Joseph-based florist focuses on ordering flowers from other countries. Johnson said about 35 percent of the business's supply chain comes from Europe.

Tara Florist Twelve Oaks began to feel the first effects from the coronavirus when different flower shipments from Italy became spotty in supply.

"We're dealing with international business," Johnson said. "Right now we are just trying to stay safe and want our employees to stay safe at home. We'll figure out the financial side later."

Having run the business from this location since 1987, Johnson said they've received tons of support from their bank and insurance agency.

"I believe the governor's order is causing us all financial pain, but in the long run, I go with the advice of the doctors," he said.

The Flower Cart in Niles has had to make adjustments over the past week.

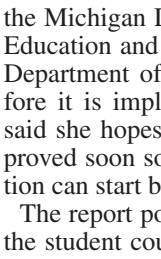
Phil Hurlbutt, owner of the Flower Cart, said they had

See **LIMBO**, page A2

Federal, county officials talk coronavirus

Health officer: Likely hundreds of infections in Berrien; officials warn about scams

By TONY WITTKOWSKI
HP Staff Writer



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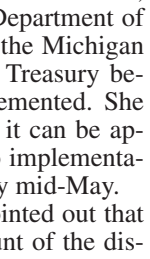

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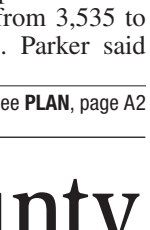

BRITTEN

ST. JOSEPH — Financial help is on the way for those dealing with the COVID-19 pandemic, U.S. Rep. Fred Upton said Tuesday in a teleconference with constituents.

Upton, R-St. Joseph, hosted a tele-town hall meeting regarding the coronavirus. He was joined by Berrien County Sheriff Paul Bailey and county Health Officer Nikki Britten. The call focused on future aid coming to help residents, as well as what the county is doing to slow and stop the spread of the coronavirus.

Between four major financial institutions in Southwest Michigan, Upton said 484 small business program loans have been approved for $125 million in the past two weeks. He said

See **OFFICIALS**, page A2

Bath & Body Works moving to Fairplain Plaza

Prior to coronavirus, new store planned late May opening

By TONY WITTKOWSKI
HP Staff Writer

BENTON TOWNSHIP — Bath & Body Works is in the process of leaving The Orchards Mall for a nearby location.

The space that the national retailer is moving to is next to Ulta Beauty in the Fairplain Plaza.

Benton Township issued a permit last month to Bath & Body Works to begin demolition work at 1006 Fairplain Drive.

Building Inspector Chris Fuchs said the space has been vacant, for the most part, over the past decade.

"They started demolition

See **MOVING**, page A2

Don Campbell / HP staff

Bath & Body Works is moving from The Orchards Mall to a new location at Fairplain Plaza, next to the Ulta Beauty store.

The Newspaper for Southwest Michigan

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Tomorrow's Weather

High 41 Low 31

6 50645 49085 0

OFFICIALS

From page A1

the average loan has been for $250,000.

"That money's going to run out soon," Upton said. "I've had conversations with both Republicans and Democrats to try and figure out how we can restock this program."

Upton said the $1,200 checks that the federal government is sending out to individuals who earn less than $75,000 a year will be on the way in a week and a half.

He added that Congress is working on phase four of financial assistance. However, he doesn't know what the details of the next bill entail.

While the coronavirus has been on everyone's minds since March, Britten said the county health department has been planning for the pandemic since January.

"Our main goal is to slow and stop the transmission where we can," Britten said.

While the official total number of COVID-19 cases in the county rose to 64 on Tuesday, along with two confirmed deaths, Britten said they believe there are many more undocumented cases in the county.

"These confirmed cases represent a small percentage of transmissions," she said. "We identified several hundred who are sick, likely hundreds have been infected, but will be able to manage their symptoms from home. Tests are somewhat challenging to come by, so the strategy has been to only test those who are seriously ill."

When a person tests positive for COVID-19, Britten said the health department asks for the flow of contact to see who else is experiencing symptoms.

Britten estimated about 1,200 people have been contacted by the county for these reasons.

This time of year, as Christians observe Holy Week, Britten said it is important to continue practicing social distancing.

"There are a lot of gatherings people are used to and it is important that we do not have all this hard work on social distancing be in vain," she said. "Do not gather in moments of worship over the next couple of weeks. We do not want a cluster outbreak because it can be absolutely devastating."

Bailey said the sheriff's office is working with all police and fire agencies to investigate any tips that come in.

"We'll continue to work hard to ensure people are following the governor's orders," Bailey said. "We are enforcing social distancing. But I think our business owners are doing a great job to address these issues."

Those who wish to report violations of the state's executive order are asked to call 1-800-815-5485.

Lisa Schifferie, an attorney for the Federal Trade Commission, joined the call and addressed some of the scams that U.S. residents have been seeing over the past couple weeks.

She warned Upton's constituents to not give any money or personal information to anyone claiming to have a cure to the coronavirus. She said no vaccine or cure exists yet.

Schifferie said government impostors also have been calling and asking for information regarding the $1,200 stimulus check. Schifferie said money will be sent by check or sent electronically, and that no call is needed from the Internal Revenue Service.

She asked residents to refrain from clicking on any links through text messages from anyone claiming to be from the Centers for Disease Control or World Health Organization. The links, if clicked on, have led to some viruses and malware being installed.

"There have also been scams where people claim they will help with errands by taking money and not getting supplies," she said. "Scammers try to rush you. Legitimate people don't."

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Ex-police chief to stand trial in military surplus case

THETFORD TOWNSHIP (AP) — A former Flint-area police chief will stand trial on embezzlement and obstruction of justice charges tied to his department's use of surplus military equipment, including parachutes and mine detectors.

A circuit court judge has determined that a district judge abused her discretion in September in dismissing charges against Robert Kenny following his preliminary examination, Genesee County Prosecutor David Leyton said Monday in a release.

Leyton appealed the district court ruling.

Kenny was Thetford Township police chief. He was charged in August 2018.

A county sheriff has said an investigation alleged government money was deposited into a personal bank account and the equipment was given to friends and family.

MOVING

From page A1

and the crew dispersed about two weeks ago," Fuchs said, referencing the COVID-19 pandemic. "They originally targeted a late May opening before all this happened. They were planning a very quick turn-around, but I don't know how that's going to change."

Fuchs said workers still have a lot of remodeling left to do at the new location.

According to the building department's last update, contractors were just finishing up demolition when they left. The space has been framed and drywall is the next step.

"It's taken longer than what we thought for (Bath & Body Works) to make that move," Fuchs said. "It's unfortunate for the mall. Bath & Body Works has been such a popular draw for them."

Bath & Body Works is one of the last remaining big stores at The Orchards Mall, other than of JoAnn Fabrics.

The mall has lost the majority of its anchors, including Carson's in 2018 and J.C. Penney in 2019.

The move is a big win for Fairplain Plaza, which lost Target in February 2018.

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LOTTERIES

Tuesday drawings

Michigan

Poker Lotto
AC-KD-AH-QS-4C
Midday Daily 3
5-7-9
Midday Daily 4
5-5-4-1
Daily 3
9-2-4
Daily 4
2-0-9-7
Fantasy 5
10-18-19-22-33
Keno
13-14-15-18-19-20-24-27-28-29-33-37-39-44-45-52-56-64-68-70-78-80
Mega Millions
Estimated jackpot:
$127 million
Powerball
Estimated jackpot:
$190 million

Monday drawings

Indiana

Cash 5
08-14-26-29-31
Estimated jackpot
$135,000
Cash4Life
04-25-37-56-57, Cash Ball: 2
Quick Draw Midday
03-05-06-09-15-22-26-37-38-43-46-49-50-52-56-59-60-66-72-76, BE: 6
Daily Three-Midday
8-9-9, SB: 4
Daily Three-Evening
3-2-8, SB: 3
Daily Four-Midday
9-0-4-8, SB: 4
Daily Four-Evening
2-4-8-8, SB: 3
Quick Draw Evening
03-07-08-11-16-20-21-24-25-29-33-37-39-44-45-46-69-70-71-73, BE: 44

Illinois

Lotto
01-03-06-23-24-35, Extra Shot: 7
Estimated jackpot
$7.75 million
LuckyDay Lotto Midday
01-13-21-40-44
Pick Three-Midday
4-3-2, Fireball: 0
Pick Three-Evening
2-5-9, Fireball: 6
Pick Four-Midday
7-3-3-7, Fireball: 1
Pick Four-Evening
3-1-8-3, Fireball: 1
Lucky Day Lotto
02-11-13-25-34

– The Associated Press

LIMBO

From page A1

previously done pickups where they would leave the orders with names and receipts outside the business.

But that came to a halt last week.

"After 42 years, it was rough to put a sign on the door saying that we were closed," Hurlbutt said. "You put your blood, sweat and tears into your business. As florists, we have been able to do odds and ends here and there with funeral homes, but that's as much as we can do."

They've since ceased delivery of flowers as well, which was an endeavor of its own.

The Flower Cart has been in contact with their growers and took note that everyone is being cautious – even with Mother's Day and Memorial Day around the corner.

Hurlbutt said even churches have ceased orders because of the restrictions to services.

"It's affected a lot more than what people realize. The magnitude of this virus is vast," Hurlbutt said. "We're working through what we can. Somebody is here every day, either working in the greenhouse, prepping stuff or making silk arrangements. We are finding anything to do that doesn't involve public interactions."

Instead of throwing out flowers that are set to begin wilting, Hurlbutt said he plans to lay out buckets of flowers with a sign that reads "Free" to the public.

Hurlbutt said he hasn't looked at the numbers compared to what they've lost compared to last year.

"It was bad enough to lock the door," he said. "I don't want to look at what it could have been. I want to see the positive. We need to have some positive attitudes if we're going to get through this."

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PLAN

From page A1

that as changes are made and student outcomes improve, the district will stop losing students and some may even come back.

The school district has struggled under some kind of state control since 2014, when trustees signed the first of three agreements with the state in an effort to reduce its debt and increase its enrollment and student test scores.

State officials suggested in May 2019 that Benton Harbor High School be closed at the end of this current school year, to help the district with its high debt, along with decreasing enrollment and test scores. But after almost three months of tense negotiations, state officials hit the reset button and offered to help form and pay for the advisory committee.

The advisory committee was created last October to put together an academic and financial operating plan to help the school district.

Gov. Gretchen Whitmer ordered that all meetings be held remotely because of the COVID-19 pandemic.

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★ PTSD Counselors from the South Bend Vet Center that comes to Berrien County twice a week.

★ Non-Service Connected Veterans Pension and Survivors Pension benefits (House Bound as well as Aid and Attendance) for low income veterans over age 65 or prior to age 65 that are disabled and have at least one day of wartime service (additional means tested restrictions apply).

★ Free transportation at designated stops for veterans enrolled in the VA Health Benefits Program to the VA Medical Center in Battle Creek and the VA Health Care Center in Mishawaka.

★ Financial assistance thru the Michigan Veterans Trust Fund for wartime veterans or peacetime veterans who earned an expeditionary medal (additional means tested restrictions apply).

★ Free financial coaching from an Accredited Financial Counselor and Financial Fitness Coach Counselor as well as ongoing Dave Ramsey's Financial Peace University Military Edition classes.

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Lambrecht's Liquor to close SJ store temporarily

Owner worried for staff, himself, with virus possibly circulating

By TONY WITTKOWSKI
HP Staff Writer

ST. JOSEPH — Lambrecht's Liquor Store is closing its doors temporarily as a precautionary move, in the wake of the COVID-19 pandemic.

Owner Dan Lambrecht said he made the decision this past weekend to close the St. Joseph store based on the amount of coronavirus cases that are on the rise in Berrien County and across the state.

"Most of my staff are elderly and in the risk category," he said. "They haven't been working in the past few weeks, so I'm short-handed on staff. I can't afford to get sick. Because if I do, we'll have major problems at this establishment."

He said they've also been cutting back on hours of operations, leading up to the decision to close.

Lambrecht said he hopes to reopen the following weekend, but he acknowledged that the store could be closed for a longer period of time.

Lambrecht's has been a local presence for more than five decades. It is one of the first liquor stores in Berrien County to close of its own accord, despite having the OK from the state to remain open during the governor's stay-at-home order

"I'm just looking down the road for my store and my employees well-being," he said. "I'm playing it safe. It might be longer than a week but I'm willing to make that sacrifice."

Lambrecht said he's been telling customers about his intention to close, and it was also made public on social media.

Lambrecht said he doesn't know how long the stay-at-home executive order will last, or whether it will be extended. However, he said it would be beneficial for every business to press the pause button for a week.

"It's going to be an inconvenience for some people, I know. The scary part is I could have the virus and not know it," he said. "I wish the governor would just shut everything down. It's not feasible to do that for grocery stores or pharmacists."

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SPRING RIDE

Don Campbell / HP staff

A child rides past the Whirlpool Compass Fountain below the bluff in St. Joseph recently, as social distancing remains a fact of life in most public places in the country.

Foundation starts SH emergency fund for nonprofits

By HP STAFF

SOUTH HAVEN — In response to the impact of the COVID-19 pandemic, the Greater South Haven Area Community Foundation has launched the South Haven Emergency Response Fund, a new restricted fund intended to provide immediate support to nonprofits within the foundation's service area.

"While we are very concerned about our community and our nonprofits during this time of crisis, we are very pleased by the board of directors' action this week to establish this emergency relief fund which will directly affect our community in such a positive way," said Jim Marcoux, the foundation's executive director.

To jump start its new fund, the South Haven foundation has pledged up to $25,000 and is now accepting public contributions. Contributions can be made online at www.southhavencf.org, or by mail at P.O. Box 507, South Haven, MI 49090. Contributors should note South Haven Emergency Response Fund when making a donation.

The South Haven foundation board has also decided to collaborate with Southwest Michigan Cares to provide emergency grant resources to non-profits in Berrien, Cass and Van Buren counties.

"(It is) gratifying to join forces with Southwest Michigan Cares, which will help us facilitate getting funds into the right hands within our community very quickly," Marcoux said.

Initial grant requests will be considered for organizations supporting basic human needs. Later, the fund will consider grants from nonprofits negatively impacted by the COVID-19 virus.

Southwest Michigan Cares is funded by major grants from Berrien Community Foundation, United Way of Southwest Michigan, Hanson Family Foundation, Spectrum Health Lakeland, and Whirlpool. Other donors include the AEP Foundation, Frederick S. Upton Foundation and Meijer, as well as several individual donors. Information regarding Southwest Michigan Cares can be obtained online at their website, www.southwestmichigancares.org.

Non-profits seeking funding should utilize this website for an online grant application. For any additional questions, interested parties should contact either Amanda.drew@uwsm.org or Susanmatheny@berriencommunity.org. United Way of Southwest Michigan and Berrien Community Foundation are jointly administering the program.

BERRIEN COUNTY TRIAL COURT

Detroit man to face murder charge for February crash death

By JULIE SWIDWA
HP Staff Writer

ST. JOSEPH — A man who allegedly sped through one county on I-94 before crashing his car on a rural road in another county, killing his female passenger, has been bound over for trial on a murder charge.

Jajuan Gabriel, 24, of Detroit, is charged with second-degree murder in the Feb. 15 death of Carmisha Slayton, 22, also from Detroit. Gabriel also is charged with first-degree fleeing and eluding police, reckless driving causing death, and driving while license suspended causing death.

His trial is set to begin June 2 in Berrien County Trial Court.

Berrien Chief Assistant Prosecutor Steve Pierangeli said Slayton was flown from the crash scene to a Kalamazoo hospital, where she died. An autopsy report lists cause of death as complications from multiple injuries, Pierangeli said.

The pursuit of Gabriel's vehicle began near Bridgman in Berrien County and ended on County Road 687 in Van Buren County, where the driver lost control and crashed the vehicle into a large utility pole, according to police testimony. A preliminary hearing began in March and was adjourned until autopsy results came in last week.

Baroda-Lake Township Patrol Officer John Hopkins testified at the hearing that as he attempted to stop the car in Berrien County, his patrol vehicle reached its maximum speed of 128 mph and he still could not get close enough to the speeding driver to see his license plate.

Hopkins radioed for backup and Berrien County sheriff's deputies joined the effort to stop the speeding car.

A Berrien County Sheriff's Department reserve officer testified that at one point, he got close enough to the fleeing car to read the license plate number. Officer Thomas Dumminger said he called in the plate number to dispatch, then backed off.

Michigan State Police Sgt. Brandon Davis testified at Gabriel's preliminary hearing as an expert accident investigator. He told the court that, based on the car's airbag control module, the fleeing vehicle was traveling 94 mph five seconds before impact, and 53 mph at impact. He added that there was no evidence of brakes being applied.

Davis said after the car went out of control and left the road it was slowed only by thick, piled up snow, before hitting the utility pole, with most of the impact on the passenger's side.

Gabriel remains in the Berrien County jail awaiting trial. He faces up to life in prison if convicted as charged.

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Keeping the kids learning

Berrien County Great Start Collaborative offers resource for parents during break

By ALEXANDRA NEWMAN
HP Staff Writer

BERRIEN SPRINGS — Berrien County Great Start Collaborative (GSC) is now offering a way for young children in the area to keep learning during the state's stay-at-home order.

The group has partnered with Bright by Text, a national parent texting program, to quickly put expert tips, games and child development information directly into the hands of parents and caregivers.

"We are excited to partner with Bright By Text to share actionable information from trusted early childhood experts to parents and caregivers of young children to support healthy child development and build strong, resilient families," said Kristen Chism, Berrien County GSC director.

The texting service, aimed at parents with children under the age of 8, includes brain development, games and activities, health and wellness, STEM, safety and more. It partners with experts like PBS, Vroom, "Sesame Street," the CDC, and others to develop content for families.

Chism said the service will also share information from local resources specific to Berrien County, like digital library resources, food pantries and preschool open enrollment periods.

"Being able to share information from local partners is so important during this unprecedented time when families and caregivers need it most," Chism said.

She said Bright by Test is proven to build nurturing caregiver-child relationships, and positively impact a child's healthy development and school readiness.

"This innovative service will help provide equitable solutions to early education while schools remain closed," Chism said.

To sign up, parents and caregivers can text the word "SWMichigan" to 274448. They will receive two to four text messages per week, and each message includes a link to a landing page with more detail, short modeling videos and links to related resources.

For more information about Berrien County Great Start Collaborative, visit www.greatstartberrien.org.

Contact: anewman@TheHP.com, 932-0357, Twitter: @HPA Newman

BERRIEN COUNTY TRIAL COURT

BH man bound for trial on murder charge

Defendant allegedly killed roommate in March 2019

By JULIE SWIDWA
HP Staff Writer

ST. JOSEPH — A Benton Harbor man told a police officer that he fatally stabbed his roommate while the roommate slept because the man had taken his debit card and used it for himself, and because he was disrespectful, according to testimony in Berrien County Trial Court on Tuesday.

"He said he waited until he was asleep and stabbed him with a kitchen knife. He said everyone lets their guard down at some point," Michigan State Police Detective Tyler Roots told Judge Gary Bruce.

Jerry Osler, 62, and Sylvester Booth, 57, were living together in the basement of an apartment house at 182 Lake St., Benton Harbor, when on March 2, 2019, police were called on a report of a man in full cardiac arrest. Benton Harbor Public Safety Officer Chad Williams was first on the scene and said he found Booth, obviously dead, lying on the floor near a mattress with one leg up on a chair and a blanket covering his chest. Another man, later identified as Osler, was standing on the other side of the room near a different bed, according to Williams.

Osler was charged March 4, 2019, with first-degree premeditated murder and concealing the death of an individual. Police said Booth is believed to have been dead for four or five days before police were called.

Following his arrest in early 2019, Osler originally was ruled incompetent to stand trial, and received treatment at the state's forensic center and has since been ruled competent. His lawyers are asking for another evaluation to look at criminal responsibility. Bruce said that may take some time because the state has a backlog due to the coronavirus pandemic.

Williams and Roots were called as witnesses by Berrien Assistant Prosecutor Amy Byrd in Tuesday's preliminary hearing for Osler. The hearing was conducted by video conferencing with the defendant from jail. Bruce said lawyers are not going into the jail and defendants are not being brought to the courtrooms due to the coronavirus outbreak. After hearing testimony, Bruce bound Osler over for trial on the two counts. He faces life in prison without parole if convicted as charged. The trial is set to begin June 30.

Williams testified that Osler, in an apparent attempt to explain the delay in calling police, told him at the scene of the alleged murder that he had been in and out all week and had not seen Booth until that day. He said Booth had talked about going to Ohio. Williams said the one-room basement apartment had a bad odor, was filled with scattered debris and although equipped with a table, a crock pot and a table-top cook stove, did not appear to have a kitchen or bathroom.

Under cross examination by Stephanie Low, one of Osler's lawyers, Williams said Osler urinated in a closet area before being taken out of the apartment by police. Roots interviewed Osler at the Benton Harbor police station. He said Osler had already been read his Miranda rights and been interviewed by two other police officers. He at first denied any knowledge of the circumstances of Booth's death, Roots said.

Roots testified that after initially denying involvement, Osler told him he was angry because Sylvester had used his debit card and was paying him back just $1 a week. He said that although Sylvester was disrespectful toward him, he continued to live with Sylvester because he had nowhere else to go.

"He told me that after he stabbed him, he covered him with a blanket because he didn't want anyone else to come in and see him," Roots told the court. "He said he'd made a mistake not getting rid of the body. He said the stabbing had occurred four or five days earlier."

Paul Jancha Jr., Berrien's chief public defender and Osler's other lawyer, asked Roots in cross examination whether he had talked to any of the other people who live on upper floors of the apartment house. Roots said he had initially, but those people had no answers.

Jancha asked whether Roots had noted any odd behavior by Osler, whether he smelled of alcohol, and whether it's true Osler told him he is 19 years old.

"He did, but in a joking manner," Roots answered. He said that although he did not observe any incoherent behavior by Osler, "He does mumble when he speaks."

When asked in re-direct by Byrd whether, when Osler said he was 19 years old, Roots took it to mean he actually believes he is 19.

"Absolutely not," Roots responded.

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A time to eat, a time to fast

Taking a look at the latest dieting fad: intermittent fasting

By KATE GENELLIE KOHS
HP Correspondent

Getty Images

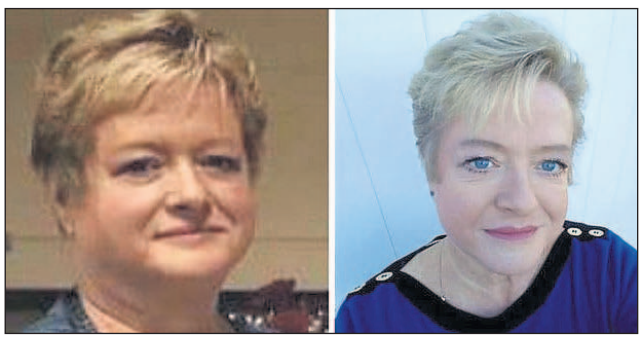
Most diets dictate what you should or shouldn't eat. But the most popular diet of the last year is less concerned about what you eat than it is with when you eat.

Intermittent fasting involves time-restricted periods of eating and fasting, such as consolidating all your meals into one six- or eight-hour window – like noon-6 p.m. or noon-8 p.m. Many of the most popular methods involve skipping breakfast.

The diet jumped from the eighth most popular diet in the U.S. in 2018 to the first in 2019, according to U.S. News and World Report.

The most common intermittent fasting methods are the 16/8 method mentioned above; the "Eat-Stop-Eat" method, which involves fasting for 24 hours once or twice a week and then eating normally throughout the rest of the week; and the 5:2 method, where the dieter consumes only 500-600 calories on two (non-consecutive) days a week and then eats normally the rest of the week.

Mary Reck, of St. Joseph, first heard about intermittent fasting in 2018 and, after doing some research, decided to give it a try.



Photos provided

In this photo combination, Mary Reck is seen before she started intermittent fasting and now.

"I was morbidly obese, diabetic," Reck said. "I had tried every other diet for 30 years."

Reck is a layout assistant for Paxton Media Group, which publishes The Herald-Palladium.

Her method is a little different than what's prescribed by the experts, but she said she found after trial and error that it's what works for her. Reck fasts for 18-20 hours a day, only drinking water or coffee, and then eats during a two- to four-hour window.

"I tend to not have trouble fasting," Reck said. "It's easier for me to not eat, then to eat and stop."

Reck tried other diets, like the Atkins and Mediterranean diets, and at one point was exercising for two hours every day.

"None of it worked for me long term," she said, "because it was always like, 'When I get off of this ...'"

Reck read books by Jason Fung, a nephrologist (a doctor who specializes in kidney disease) and the author of "The Complete Guide to Fasting," and Gin Stephens, author of "Delay, Don't Deny."

Reck found intermittent fasting to be very intuitive. It's flexible for special occasions, she said, and it doesn't force her to cut out foods she loves.

"I can have that ice cream cone, I'll just have it later," she said. "Delay, don't deny."

Reck has lost 70 pounds through intermittent fasting, she said. She no longer takes medications for diabetes or high cholesterol.

Before she started her diet, her doctor questioned whether the diet was right for Reck, given her diabetes diagnosis, but he recently removed that diagnosis from her chart, she said.

Theories behind intermittent fasting

There are a few theories as to why intermittent fasting seems to work for some people.

One theory is that it replicates the way humans have eaten for most of history – often facing either a feast or famine, rather than regular access to moderate amounts of food.

MORRISSEY

There's also the theory that intermittent fasting works with the body's natural circadian rhythm.

Studies have shown the hypothalamus, the body's internal clock, is responsive to food supply, said Nicole Morrissey, the manager of Diabetes and Nutrition at Spectrum Health Lakeland and a registered dietician and certified diabetes educator.

Fasting diets can prove easier for people to stick to than other diets, like those that require people to count calories, Morrissey said.

"There isn't one diet that's going to be a fit for all people," Morrissey said.

In recent studies, intermittent fasting is shown to be most effective in overweight people with no underlying pre-existing conditions, Morrissey said.

She said she wouldn't recommend the diet to people with diabetes, especially anyone on insulin or who is taking medication that can cause low blood sugar.

The counterintuitive diet

Intermittent fasting does seem to fly in the face of other "common sense" eating advice, such as "breakfast is the most important meal of the day" or that eating small, more frequent meals throughout the day can boost the metabolism and lead to weight loss.

The trouble is, the way scientists and nutritionists understand how our bodies process food is still evolving.

"People tend to forget that nutrition is a pretty new science," Morrissey said.

Sometimes a single study will make the rounds through the media, and for a while everyone is convinced that coffee is the secret to a longer life or that chocolate makes you smarter or that eating eggs won't raise your cholesterol. And then another study comes out that seems to indicate the opposite.

That's why studies have to be viewed in aggregate, Morrissey said. When enough studies show the same findings over and over, that's when you can be reasonably sure of their conclusions. But that takes a while.

"We're finding things out at a slower rate than we would like," Morrissey said. "More recent research [on intermittent fasting] is showing there have been positive effects on glucose levels and chronic disease prevention."

There are also indications that intermittent fasting can possibly help re-establish a healthy gut microbiome.

"The gut is a huge living organ, and each is completely different," Morrissey said.

Both pre-clinical trials (trials performed on animals) and clinical trials (trials performed on humans) "have shown that intermittent fasting has broad-spectrum benefits for many health conditions, such as obesity, diabetes mellitus, cardiovascular disease, cancers and neurologic disorders," according to a 2019 article in the New England Journal of Medicine.

The article, written by Rafael de Cabo and Mark Mattson, is a review of the research and discoveries made about intermittent fasting. Mattson, a Johns Hopkins Medicine neuroscientist, has studied intermittent fasting for 25 years.

According to de Cabo and Mattson, animal trials show that "intermittent fasting improves health throughout the life span."

Clinical studies of humans have mainly looked at the short-term effects of intermittent fasting, so it remains to be seen whether people can stick to the intermittent fasting method for years and accrue the same benefits seen in animal trials.

The article also noted that because clinical studies have focused mostly on young and middle-aged adults, the information gathered can't be generalized to other age groups.

A 2017 article in the journal Behavioral Sciences that reviewed the existing human and animal studies found there are gaps in our understanding of how intermittent fasting impacts overweight and normal weight people.

"We do not know conclusively whether long-term [intermittent fasting] is a safe effective method of weight control for subjects who are overweight or obese or whether [intermittent fasting] may confer health benefits to people of any weight independent of weight loss," according to Michelle Harvie and Anthony Howell, the authors of the article.

A December article on the website for The Emily Program, a national treatment program for people with eating disorders, posited that intermittent fasting could be harmful for people who are experiencing or recovering from an eating disorder.

The pattern of fasting and eating can mirror patterns found in binge eating disorders.

"Intermittent fasting may amplify or conceal disordered behaviors, inhibit eating disorder recovery, and increase the likelihood that an individual may develop a severe eating disorder," according to EmilyProgram.com.

Morrissey said she believes intermittent fasting would be on par with other diets in terms of the risk for triggering unhealthy behavior. Intermittent fasting doesn't require a person to count calories, which can be a trigger for people with eating disorders such as anorexia.

"But you are ignoring hunger signals," she said, "so that's a risk."

IN BRIEF

Show support for health care workers

ST. JOSEPH — To promote social distancing, and provide encouragement to health care workers, Spectrum Health Lakeland is launching a "We Stay Home For You" campaign on social media.

The public is encouraged to create "We Stay Home For You" signs and submit photos of themselves holding them in front of their homes in response to the popular "We Stay Here For You, Please Stay Home for Us" social media campaign started by health care workers nationwide.

In addition to submitting photos by tagging Spectrum Health Lakeland on social media or emailing info@lakelandhealth.org, residents in Niles, St. Joseph and Watervliet can sign up to be part of a video that will be filmed from 6:30-7:30 p.m. on the following dates:

- Today in St. Joseph
- Thursday in Niles
- Friday in Watervliet

Those interested in being a part of the video can visit spectrumhealthlakeland.org/westayhome to sign up.

Residents will receive a call during the dates/times listed to come outside holding their sign. Signs should be large enough to be seen from a distance.

Andrews PT clinic offering e-visits

BERRIEN SPRINGS — The School of Rehabilitation Sciences at Andrews University recently opened a physical therapy clinic on campus.

Because of the governor's stay-home order, the clinic is no longer providing in-person visits, but is offering e-visits.

The clinic is using the university's Zoom Pro secure video calls for the e-visits. E-visits are $40 for the initial encounter, and $20 for a follow-up.

E-visits will be provided at flexible hours from Sunday through Friday based on patients' needs and the availability of the student physical therapist.

The clinic does not take insurance. Patients may be able to submit expenses to their insurance and get reimbursed.

Prior to scheduling an e-visit, patients will schedule free discovery calls. This is a video call, just like the e-visit, where they will talk with the therapist about their needs to decide if e-visits are right for them.

The clinic is a direct-access facility, so patients can schedule an appointment whenever they're ready. They don't need a script or doctor's order.

To schedule a free discovery call, visit ptevery where.com/PtE/andrews/bookingonline.

For more information, visit andrews.edu/pt/pt-clinic or email clinic director Jillian Zollinger at zollinge@andrews.edu.

BLOOD DRIVES

American Red Cross

- 11 a.m.-4:45 p.m. April 15, Caretel Inns of Lakeland, 3905 Lorraine Path, St. Joseph.

Versiti Blood Center

- 7 a.m.-1 p.m. Saturday, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.
- 7 a.m.-1 p.m. Sunday, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.
- Noon-6 p.m. Monday, The Chapel, 4250 Washington Ave., St. Joseph.
- 2-6:30 p.m. Tuesday, St. John's Lutheran Church, community life center, 9193 Cleveland Ave., Baroda.
- Noon-6 p.m. April 15, Lakeland Hospital, Niles, lower meeting room, 31 N. St. Joseph Ave.
- Noon-7 p.m. April 15, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.
- 2-7 p.m. April 15, Hope Reformed Church, gym, 1365 Monroe Blvd., South Haven.

Donors must be at least 17 years old (16 with parental consent) and weigh at least 112 pounds.

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Recipes to try for Easter, Passover, Nowruz and Ramadan

Jane Ammeson

The whole world has seemed so chaotic, surreal and spooky in the last month, I almost forgot Easter was coming up Sunday.

Of course, my kids are grown now, so I'm not busy dyeing Easter eggs and putting together Easter baskets full of candy. And because we won't be getting together with family, it was easy to overlook. Still, forgetting Easter ... well, it shouldn't happen.

It's also the time, or near the time, for other religious celebrations – all celebrating birth, rebirth and the coming of spring.

Passover starts tonight, and continues through April 16. Nowruz, the Persian New Year, began March 20. And Ramadan begins on April 23 and runs through May 23.

I know shopping is difficult, and you never know what you'll find – or not find – on the shelves, but I thought, since we're all in this together, why not make a dish representative of each of these holidays.

Easter

Ham is a traditional Easter dish, and this one is a little different because of the glaze – a mixture of Dijon mustard, apricot jam and bourbon – though the bourbon is optional.

Apricot and Bourbon Glazed Ham

- 1 (8- to 10-pound) whole cured, smoked, bone-in ham
- 1/2 cup apricot jam
- 1/4 cup light brown sugar
- 2 tablespoons bourbon (optional)
- 1 tablespoon Dijon mustard
- 1/2 teaspoon crushed red pepper flakes

Remove ham from refrigerator, and let sit at room temperature for 1 hour.

Heat oven to 350 degrees. Place a rack in a large roasting pan, and cover the rack with foil.

Pour 2 cups water in the bottom of roasting pan, and place the ham on the foil on the rack.

In a small bowl, stir together the jam, brown sugar, bourbon, Dijon and red pepper flakes. Brush the ham with some of the glaze. Roast, basting with more glaze every 30 minutes, until a thermometer inserted in the thickest part reads 140 degrees, about 1 1/2 to 2 hours. Let rest for 15 minutes before carving.

Nowruz

Also known as the Iranian New Year, Nowruz starts at the exact moment the sun crosses the equator going north. We call it the vernal equinox, or the beginning of spring.

One of the traditional Persian dishes is kuku, which sounds different, but is very similar to a frittata, or other egg casserole we often make for breakfast.

Photo provided

Kuku is a traditional Persian dish that's similar to a frittata.

Kuku

- 5 tablespoons vegetable oil, divided
- 1 medium onion, finely chopped
- 1 medium leek, white and pale-green parts only, finely chopped
- 5 large eggs
- 1 1/2 teaspoons kosher salt
- 1 teaspoon baking powder
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground turmeric
- 1 1/2 cups cilantro, finely chopped
- 1 1/2 cups dill, finely chopped
- 1 1/2 cups parsley, finely chopped
- 1 tablespoon dried fenugreek leaves, or other greens like spinach, mustard greens or kale

Heat 2 tablespoons oil in a 10-inch skillet over medium. Cook the onion and leek, stirring occasionally, until very soft but not brown, 10-12 minutes. Transfer to a plate and let cool. Wipe out skillet; set aside.

Whisk eggs, salt, baking powder, pepper and turmeric in a large bowl. Using a rubber spatula, mix in the onion mixture, cilantro, dill, parsley and fenugreek. The mixture should look thick and very green.

Heat a broiler. Heat the remaining 3 tablespoons oil in the reserved skillet over medium. Pour in the egg mixture; spread evenly across the pan with a spatula.

Cover and cook until the bottom is just set, 8-10 minutes. Uncover and broil, watching carefully, until top is set, about 1 minute.

Let cool slightly, then slide onto a platter.

Pita

You can buy pita, but I think the homemade version is so much better. This recipe, though long, really isn't difficult to make.

- 1 (1/4-ounce) package active dry yeast
- 1 cup warm water
- 2 3/4 cups all-purpose flour, divided
- 1 1/2 tablespoons olive oil
- 1 3/4 teaspoons salt
- 1 teaspoon olive oil, divided

Place yeast into the bowl of a stand mixer, and add water and 1 cup flour. Whisk together and let stand for 15-20 minutes so mixture can rise and make a loose sponge. Mixture will bubble and foam.

Pour olive oil and salt into the sponge, and add remaining flour. Mix at low speed, using a dough hook attachment, until dough is soft, supple and slightly sticky.

If dough sticks to the sides of the bowl, add up to 1/4 cup more flour, a little at a time.

Knead dough with machine on low speed until slightly springy and still soft, 5 to 6 minutes. Turn dough out onto a floured work surface and form into a ball.

Wipe inside of bowl with 1/4 teaspoon olive oil. Turn dough around in bowl to cover with a thin film of oil; cover bowl with foil and let sit until dough has doubled in size, about 2 hours.

Remove dough from bowl and place onto a floured work surface. Lightly pat into a flat shape about 1-inch thick. Use a knife to cut dough into 8 pieces.

Form each piece into a small round ball with a smooth top, pulling dough from the sides and tucking the ends underneath the bottom.

Cover dough balls with lightly oiled plastic wrap and let rest for 30 minutes.

Sprinkle a small amount of flour on a work surface and top of a dough ball; gently pat dough ball flat with your fingers, forming a flat, round bread about 1/4-inch thick.

Let dough round rest for 5 minutes. Repeat with remaining dough balls.

Brush a cast-iron skillet with remaining 3/4 teaspoon olive oil and place over medium-high heat.

Lay pita bread into hot skillet and cook until bread begins to puff up and bottom has brown spots and blisters, about 3 minutes. Flip, cook 2 more minutes and flip back onto original side to cook for about 30 more seconds.

Pita bread will begin to puff up and fill with hot air. Place on plate and serve.

Ramadan

Ramadan, the ninth month in the Islamic calendar, requires fasting between sunrise and sunset in the belief that by not eating or drinking, we learn patience, modesty and spirituality. Therefore, no food is eaten between suhoor (the morning meal before sunrise) and iftar (the evening meal after sunset).

Ful Medames

- 1 pound dried fava beans
- 3/4 teaspoon salt
- 1/4 cup lemon juice
- 1 clove garlic, chopped
- 1 teaspoon fresh parsley, chopped
- 3 tablespoons olive oil

Boil fava beans for 1 to 2 hours over medium heat or until tender.

Drain water. Add salt, lemon juice and garlic. Mix well. Pour in a bowl, and garnish with parsley and olive oil.

If desired, garnish with pickled onions and sliced hard boiled eggs.

Passover

Also called Pesach, Passover is a major Jewish holiday celebrating the coming of spring, birth, rebirth, the journey from slavery to freedom, and taking care of our community and the world.

One of the food dictates of the holiday is to consume unleavened bread (bread made without yeast or other leavening agents like baking powder or baking soda). The same holds with desserts, so think flourless chocolate cookies and cakes as the perfect ending to a meal.

Flourless Chocolate Cookies

- Cooking spray
- 2 1/2 cups powdered sugar
- 3/4 cup unsweetened cocoa powder
- 1/4 teaspoon kosher salt
- 4 cold large egg whites
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups chocolate chips

Heat oven to 350 degrees. Line two baking sheets with parchment paper, and lightly grease them with cooking spray. In a large bowl, combine the powdered sugar, cocoa powder and salt.

Stir in the egg whites and vanilla, then add chocolate chips. For shinier cookies, rest dough at room temperature for 20 minutes. Letting the batter sit is important.

Scoop tablespoon-size mounds onto the baking sheets. Bake in the oven for 10-12 minutes.

If they still appear too gooey, cook a few minutes more. Remember, though, once they cool, they'll be much firmer.

Remove from the oven, and let cool before lifting them off the parchment paper.

Jane Ammeson can be contacted via email at janeammeson@gmail.com or by writing to Focus, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085.

ADVERTISEMENT

New Alternative to Adult Diapers and Catheters Sets Men Free

'Super-comfortable,' offers 24 hour leak-free security, available to many for little to no out-of-pocket cost!

ROCHESTER — If you're one of the five million American men who secretly wear adult diapers, or use a catheter to deal with your urinary incontinence or weak bladder, here's some life changing news.

There's a new non-catheter alternative available that not only helps keep men dry and leak-free for up to 24 hours, but the best part is, if you're covered by Medicare or most private insurance plans, you can try this high-tech 'fluid collection' breakthrough for little to no out-of-pocket cost.

Invisible Under Clothing

Men's Liberty is made of a gentle, skin friendly material called hydrocolloid, a medical grade adhesive that softly stretches and moves with a man as he changes position.

Unlike diapers that cause diaper rash, yeast infections, and dermatitis, Men's Liberty attaches to the tip of a man's anatomy, directing his flow to a discreet collection pouch.

It's comfortable, unnoticeable to others, and secure.

It's this trusted sense of security that assistant registered nurse and caregiver, Mark Nagle, NAR, calls, "wonderful."

Doctor-Recommended

"It doesn't cause skin irritation, and my patients never have to worry about red spots or sores. My patient doesn't wear disposable briefs anymore, and I am happy to report that he always has a dry bed and a dry pair of pants."

Death of Diapers?

Will this urinary breakthrough sink the $7 billion adult diaper industry?

Many experts think so. Because adult diapers are not covered by Medicare, the estimated five million men who use them daily pay as much as $200 a month in out of pocket costs.

Tucson resident, Sam T., wore diapers for years. "I remember the continued moisture in my crotch would give me a yeast infection, not a good thing," he says.

Enjoy Life Again

"I can wear Men's Liberty for 24 hours with minimal interruption," says Sam, "even after drinking coffee!"

"Movies, meetings and social affairs are all possible now. During the sizzling hot Arizona summers, you'll always find Sam in a pair of cargo shorts.

"I buy my shorts with an 11-inch inseam, which is perfect for Men's Liberty," he says.

The $7B adult diaper industry is facing a catastrophic drop in revenue thanks to a revolutionary development in men's urological care.

Discreet and Unnoticed

"The drain nozzle is hidden right above the hemline. So, I can stand at the urinal, like other guys, and discreetly drain the pouch, and no one notices a thing. In ten seconds, I'm good to go!"

Managing urinary incontinence in a medical setting can be challenging.

Doctor's Choice

Urinary tract infections (UTIs) are frequently caused by catheter use. If untreated, UTIs can cause a secondary infection, often resulting in hospitalization.

That's why Men's Liberty is recommended by leading healthcare professionals.

Urologist Alden Cockburn, MD, has personally tried Men's Liberty and now recommends it to his patients.

"I tried it myself during one of the testing phases and it's very comfortable; certainly, more comfortable than the alternatives," he says.

When you feel in control of your sense of well-being," adds Dr. Cockburn, "you feel more able to accomplish tasks that you previously wanted to bypass."

"The feeling of not wanting to associate with others because you fear loss of control, or fear what others might think of you, goes away."

A Grand Experiment

Curious Sam T. in Tucson wanted to see how much liquid Men's Liberty would hold.

Sam first filled a fresh Liberty unit with water and learned that it securely held one full cup. On the top of his shelf, Sam found a few pairs of disposable briefs with built-in absorbent pads.

To his surprise, these held a whopping two cups of liquid, which may not be helpful, according to Sam.

"I saw an ad on the internet," says Sam, "that showed some guy wearing these briefs, walking around with a big smile on his face."

"I thought to myself, yeah... if I had two cups of urine sloshing around my crotch, I wouldn't be smiling, and I would sure be walking 'funny.'"

"Also," says Sam, "the slightest pressure on an absorbent will cause it to leak.

Men's Liberty doesn't leak and sure won't cause "funny" walking," he says.

Five Million Used!

More than 5 million Men's Liberty units have been used, which comes as no surprise to the thousands of healthcare professionals who recommend Men's Liberty everyday.

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"The most degrading thing that my husband can think of is being in a diaper," says Tina J. "Men's Liberty to the rescue. We attended our granddaughter's graduation in comfort and without the fear. You couldn't tell he had it on, which was a big concern for him."

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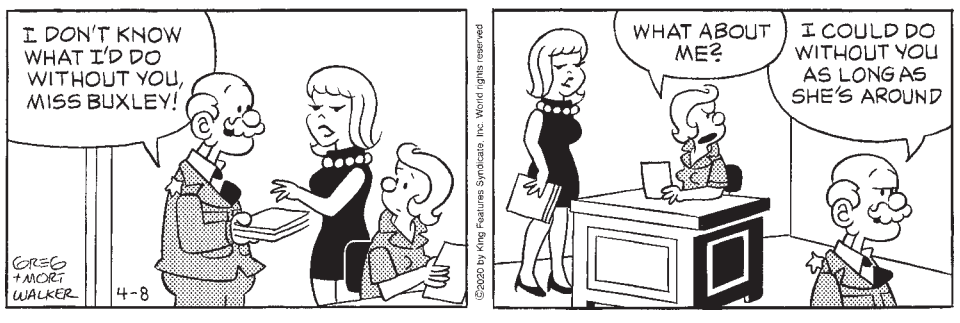
Castillo-Pino E, Medina M. An introduction to the epidemiology and burden of urinary tract infections. Ther Adv Urol. 2019;11. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6502976/#bibr4-1756287219832172. Published May 2, 2019. Accessed December 10, 2019.

BEETLE BAILEY


I DON'T KNOW WHAT I'D DO WITHOUT YOU, MISS BUXLEY!
GREG + MORT WALKER
4-8
WHAT ABOUT ME?
I COULD DO WITHOUT YOU AS LONG AS SHE'S AROUND
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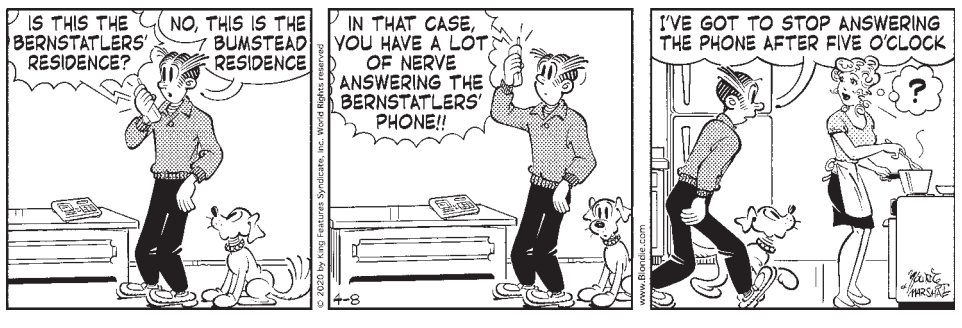
BLONDIE


IS THIS THE BERNSTATLERS' RESIDENCE?
NO, THIS IS THE BUMSTEAD RESIDENCE
IN THAT CASE, YOU HAVE A LOT OF NERVE ANSWERING THE BERNSTATLERS' PHONE!!
I'VE GOT TO STOP ANSWERING THE PHONE AFTER FIVE O'CLOCK
?
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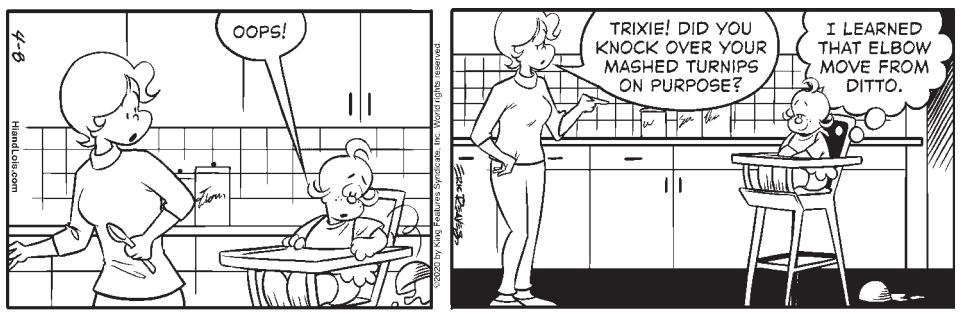
4-8
www.Blondie.com

HI & LOIS


4-8
OOPS!
HiandLois.com
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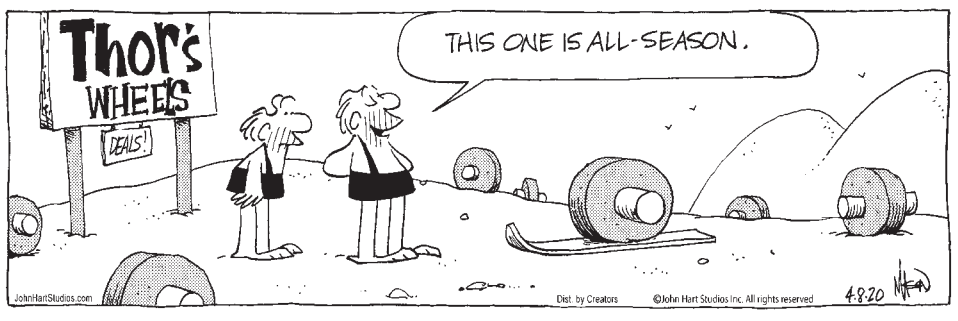
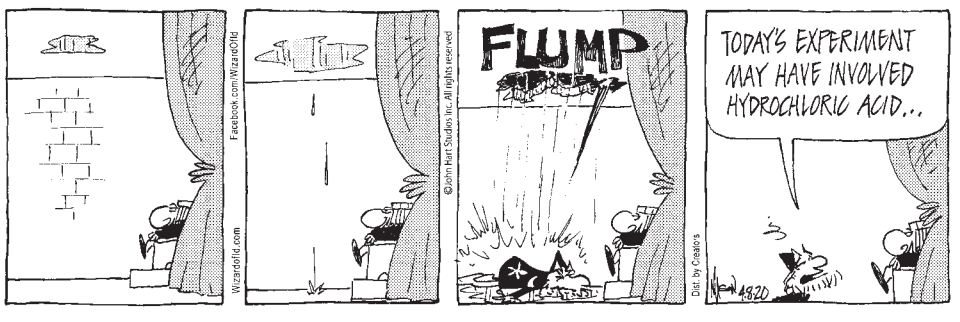
TRIXIE! DID YOU KNOCK OVER YOUR MASHED TURNIPS ON PURPOSE?
I LEARNED THAT ELBOW MOVE FROM DITTO.

BC



WIZARD OF ID



DILBERT

MY TEAM OF DOGBERT CLONES HAS REVERSED YOUR SLUMPING SALES.
DILBERT.COM @SCOTTADAMSSAYS
YOUR PRODUCTS ARE STILL SHODDY, BUT WE USE MIND CONTROL TO MAKE PEOPLE NOT NOTICE.
IT'S ALL PERFECTLY LEGAL.
I WASN'T GOING TO ASK.
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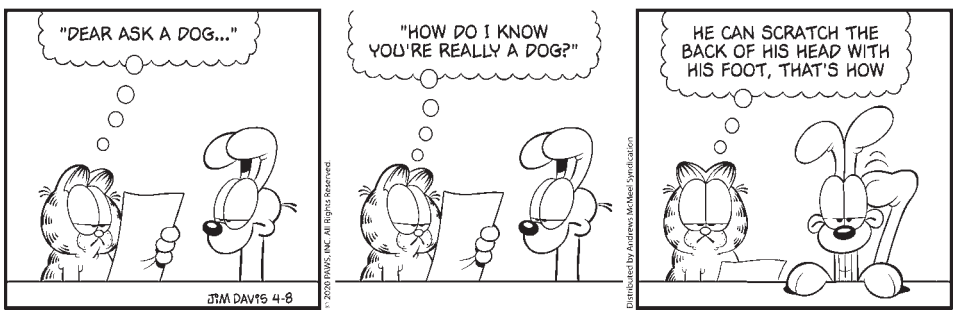
GARFIELD


"DEAR ASK A DOG..."
"HOW DO I KNOW YOU'RE REALLY A DOG?"
HE CAN SCRATCH THE BACK OF HIS HEAD WITH HIS FOOT, THAT'S HOW
JIM DAVIS 4-8
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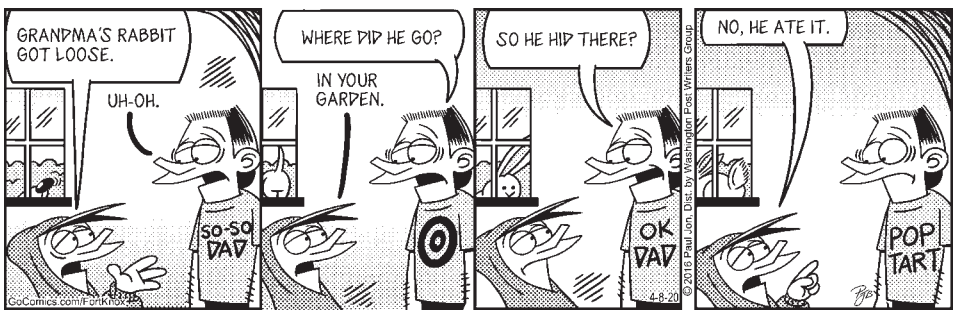
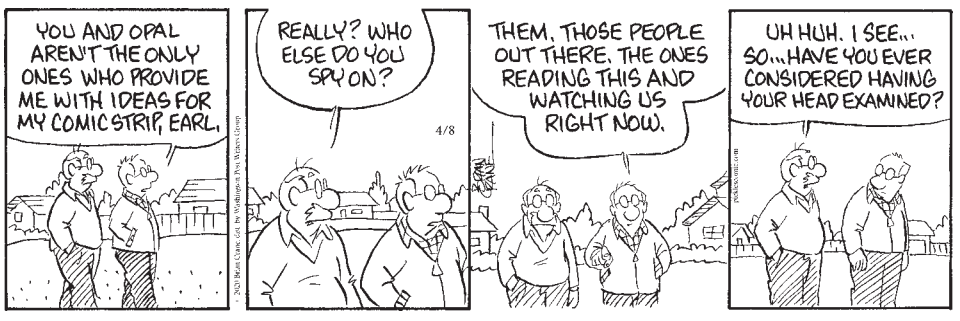
FORT KNOX



PICKLES


YOU AND OPAL AREN'T THE ONLY ONES WHO PROVIDE ME WITH IDEAS FOR MY COMIC STRIP, EARL.
REALLY? WHO ELSE DO YOU SPY ON?
4/8
THEM, THOSE PEOPLE OUT THERE. THE ONES READING THIS AND WATCHING US RIGHT NOW.
UH HUH. I SEE... SO...HAVE YOU EVER CONSIDERED HAVING YOUR HEAD EXAMINED?
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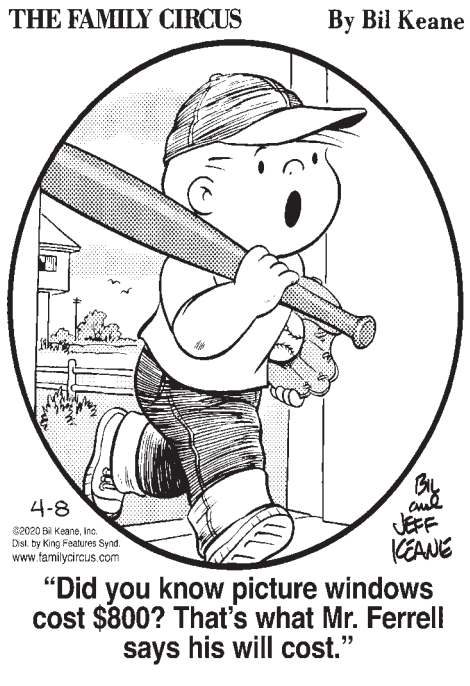
FAMILY CIRCUS


THE FAMILY CIRCUS
By Bil Keane
4-8
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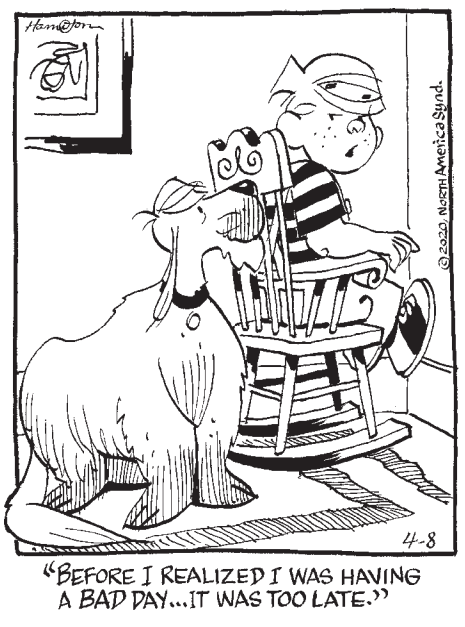
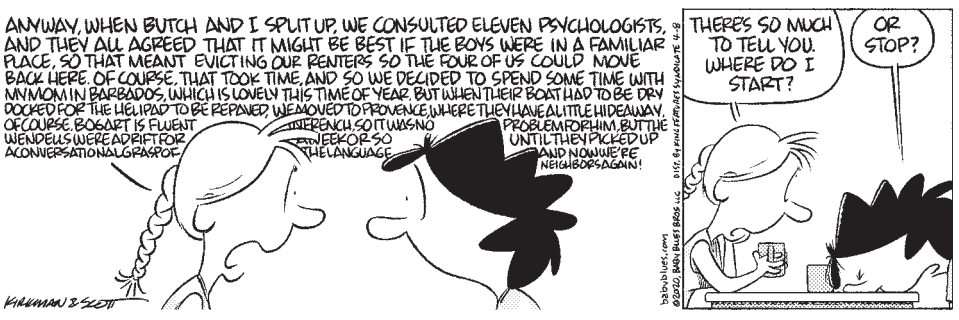
www.familycircus.com
Bil and JEFF KEANE
"Did you know picture windows cost $800? That's what Mr. Ferrell says his will cost."

DENNIS THE MENACE



BABY BLUES


ANYWAY, WHEN BUTCH AND I SPLIT UP, WE CONSULTED ELEVEN PSYCHOLOGISTS, AND THEY ALL AGREED THAT IT MIGHT BE BEST IF THE BOYS WERE IN A FAMILIAR PLACE, SO THAT MEANT EVICTING OUR RENTERS SO THE FOUR OF US COULD MOVE BACK HERE. OF COURSE, THAT TOOK TIME, AND SO WE DECIDED TO SPEND SOME TIME WITH MY MOM IN BARBADOS, WHICH IS LOVELY THIS TIME OF YEAR, BUT WHEN THEIR BOAT HAD TO BE DRY DOCKED FOR THE HELIPAD TO BE REPAVED, WE MOVED TO PROVENCE, WHERE THEY HAVE A LITTLE HIDEAWAY. OF COURSE, BOSART IS FLUENT IN FRENCH, SO IT WAS NO PROBLEM FOR HIM, BUT THE WENDELLS WERE ADRIFT FOR A WEEK OR SO UNTIL THEY PICKED UP THE LANGUAGE AND NOW WE'RE NEIGHBORS AGAIN!
KIRKMAN & SCOTT
THERE'S SO MUCH TO TELL YOU. WHERE DO I START?
OR STOP?
babyblues.com
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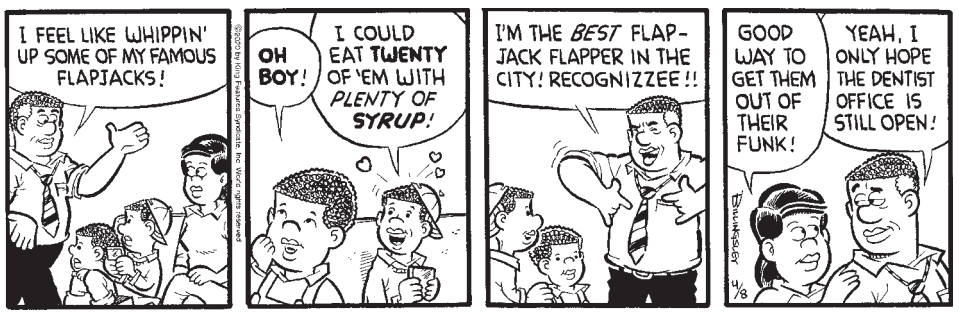
CURTIS


I FEEL LIKE WHIPPIN' UP SOME OF MY FAMOUS FLAPJACKS!
OH BOY!
I COULD EAT TWENTY OF 'EM WITH PLENTY OF SYRUP!
I'M THE BEST FLAP-JACK FLAPPER IN THE CITY! RECOGNIZZEE!!
GOOD WAY TO GET THEM OUT OF THEIR FUNK!
YEAH, I ONLY HOPE THE DENTIST OFFICE IS STILL OPEN!
4/8

ZITS

WHEN I DIE, I WANT TO BE CREMATED.
THEN I WANT MY ASHES SPRINKLED ON A LARGE PIZZA THAT WILL BE PUT IN A SPACE-X ROCKET AND LAUNCHED INTO THE SUN!
PRETTY SURE THE CREMATION IS REDUNDANT.
GOOD CATCH.
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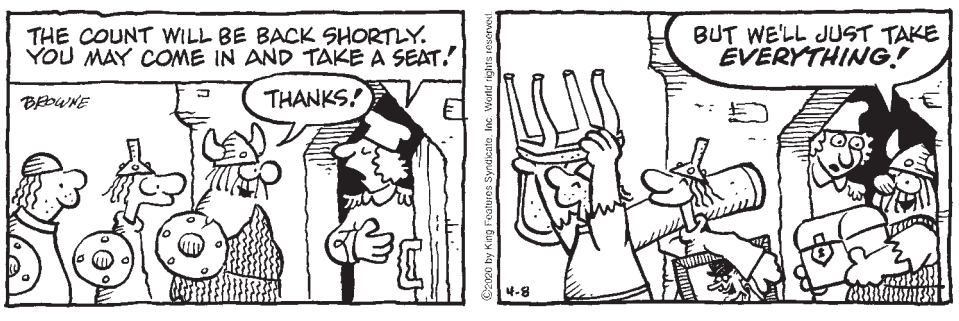
zitscomics.com

HAGAR THE HORRIBLE


THE COUNT WILL BE BACK SHORTLY. YOU MAY COME IN AND TAKE A SEAT!
BROWNE
THANKS!
BUT WE'LL JUST TAKE EVERYTHING!
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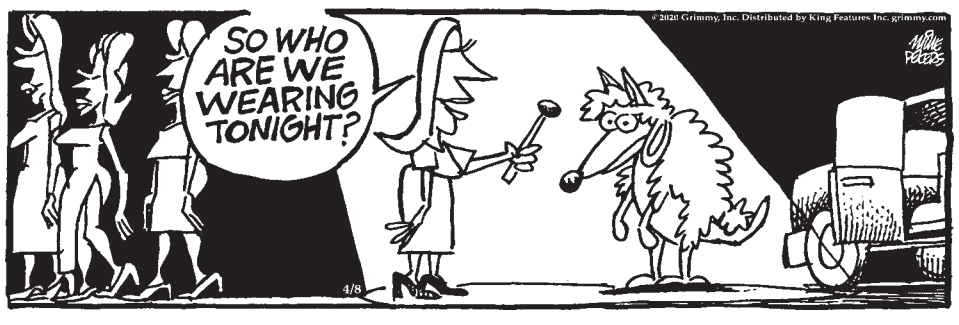
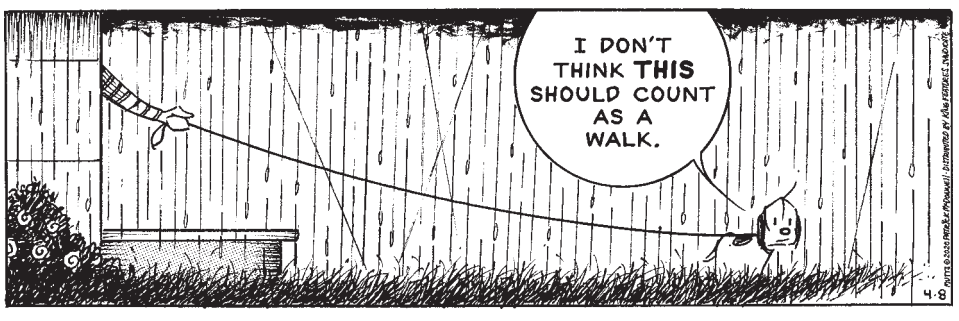
4-8

MOTHER GOOSE & GRIMM



MUTTS



SALLY FORTH

TED! YOU WON'T BELIEVE THIS! REMEMBER THE THREE STOOGES I HAD TO DEAL WITH WHEN I WAS BRIEFLY MARKETING DIRECTOR? THEY'RE THE ONES WHO HIRED ME FOR THE CONSULTING JOB!
KEEFE
AND GET THIS–THEY NOT ONLY WANT ME TO HELP WITH HR BUT ALSO WITH MARKETING, STRATEGIC PLANNING, CLIENTS, EVERYTHING!
AND OF COURSE YOU WILL TELL THEM WHAT THEY CAN DO WITH THEIR CONSULTING JOB, RIGHT?
OF COURSE! MAYBE. I DON'T KNOW. I MAY ALREADY BE IN CHARGE OF THE COMPANY.
4-8
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PRIME TIME TV

WEDNESDAY EVENING APR. 8

	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
ABC 7 13 41 57	Wheel of Fortune	Modern Family "A Modern Farewell" (N)		Modern Family ((SF)) (N)		:01 Who Wants to Be a Millionaire CC	
CBS 2 3 22	Ent. Tonight	Survivor "War Is Not Pretty" (N) CC		:01 SEAL Team "Drawdown" (N)		S.W.A.T. "Stigma" (N) CC	
NBC 5 8 16	Ac. Hollywood	Chicago Med "Just a River in Egypt" (N)		Chicago Fire "Light Things Up" (N)		Chicago P.D. "Buried Secrets" (N)	
FOX 17 222 28 32	Modern Family	The Masked Singer (N) CC (DVS)		:01 LEGO Masters "Star Wars" (N)		Fox 17 News at 10:00PM (N) CC	
PBS 34	Outdoor Elements	Nature "Remarkable Rabbits" (N)		NOVA The mysteries of fat. (N) CC		Earth's Sacred Wonders (N) CC	
CW 25	Big Bang Theory	The Flash CC		Nancy Drew "The Girl in the Locket"		News	Seinfeld CC
MNT 50	Family Feud	Chicago P.D. "300,000 Likes"		Dateline "The Plot Thickens" CC		Dateline CC	
WCIU 26	Mike & Molly	The Flash CC		Nancy Drew "The Girl in the Locket"		2 Broke Girls	2 Broke Girls
WHME 46	:00 Heartland	Heartland Ty is confronted by a ghost.		Highway to Heaven (Part 1 of 2) CC		The List (N) CC	Celebrity Page (N)
WGN 9	News	black-ish CC	black-ish CC	Last Man Standing	Last Man Standing	WGN News at Nine (N) (L) CC	
A&E	:00 Ghost Hunters	Ghost Hunters "Terror Town Part 1"		Ghost Hunters "Terror Town Part 2" (N)		Celebrity Ghost Stories CC	
AMC	5:30 Blade II	Star Trek ('09) Chris Pine, Zachary Quinto. Chronicles the early days of the starship Enterprise and her crew. CC					
Animal	Lone Star	Lone Star Law: Uncuffed (N)				Lone Star Law	
BET	Diary of a Mad Black Woman			Tyler Perry's Sistas		Twenties	Boom
Big Ten	Big Ten	BTN Basketball in 60		Journey	BTN Basketball in 60		Journey
Bravo	Summer House	Summer House (N) CC		Summer House "Clique Bait" (N)		Housewives/NYC	
Cartoon	Gumball	Home	Burgers	Burgers	Rick	American	American
Cinemax	Sky Captain	The Thing ('11) Mary Elizabeth Winstead. CC			:45 Hanna ('11) Saoirse Ronan, Eric Bana. CC		
CMT	Last Man	To Be Announced		Mom	Mom	Mom	Mom
CNBC	CNBC	Shark Tank CC		Shark Tank		The Deed: Chicago	
CNN	OutFront	Anderson Cooper		Cuomo Prime Time		CNN Tonight	
Comedy	Yankers	South Pk	South Pk	South Pk	South Pk	South Pk	Yankers
Discovery	Expedition Un.	Expedition Unknown: Uncovered Josh Gates treks through Canada. (N) CC				Legends of the Wild "Blood Beach" (N)	
Disney	Bunk'd	Descendants 3 ('19) CC			Fam Jam	Coop	Sydney
DIY	Barnwood	Holmes Makes		Holmes Makes		Holmes Makes	
E!	Wedding Plnnr		The Wedding Planner ('01) Jennifer Lopez.				
ESPN	:00 2013 NBA Finals From June 18, 2013.				2013 NBA Finals		
ESPN2	:00 Golf Programming (N)					Golf Programming	
ESPNC	:16 Golf	:07 Golf		8:58 Golf		9:50 Golf	:41 Golf
Food	Grocery	Guy's Games		Guy's Games		Guy's Games	
Fox News	The Story	Tucker Carlson		Hannity (N) CC		The Ingraham Angle	
Fox Sports	Spartans	Detroit Tigers Classics (N)					
Freefrm	:00 Matilda ('96) Mara Wilson, Danny DeVito. CC			Motherland: Fort Salem "Hail Beltane"		Motherland: Fort Salem "Hail Beltane"	
FX	:00 Trolls ('16) Voices of Anna Kendrick. CC			Trolls ('16, Children's) Voices of Anna Kendrick, Justin Timberlake. CC			
Golf	To Be Announced			To Be Announced			
Hallmark	My One & Only ('19)	You're Bacon Me Crazy ('20) Natalie Hall, Michael Rady, Rhiannon Fish. CC				Golden Girls	Golden Girls
HBO	:00 Westworld	Westworld "The Mother of Exiles"		Shaft ('19, Action) Samuel L. Jackson, Jessie T. Usher. CC			
History	Forged	Forged in Fire		Forged in Fire (N)		Eating	Eating
HGTV	Property	Property Brothers		Property Brothers		Hunters	Hunt Intl
Learning	My 600-	My 600-Lb. Life "Ashley T's Story" (N)				Dr. Pimple Popper	
Lifetime	Married-Sight	Married at First Sight "Forever or Never" Decision Day looms for the four couples. (N)				:03 Bride & Prejudice: Forbidden Love	
MSNBC	Decision	All In With		Rachel Maddow		The Last Word	
MTV	Ridic.	The Challenge (N) CC			Ridic.	Ridic.	Ridic.
NBCSCH	Insd.	Chicago Bulls Classic				Sneaker	White
NFL	NFL Total	A Football Life		A Football Life		A Football Life	
Nick	Sponge.	Dylan	Sponge.	Friends	Friends	Friends	Friends
NGEO	Locked	Locked Up Abroad		Borderforce USA		:03 Borderforce USA	
Oxygen	:00 Snapped	Snapped "Tonya Miller" CC		Snapped "Ashley Hoath" CC		Snapped "Theresa Tolliver" CC	
Parmt	Friday ('95) Ice Cube. CC				Next Friday ('00)		
Showtime	Twin Peaks	Twin Peaks: The Return "Part 15" CC		Twin Peaks: The Return "Part 16" CC		Twin Peaks: The Return "Part 17" CC	
Starz	:16 The Vow ('12) Rachel McAdams. CC			:02 No Country for Old Men ('07, Crime Drama) Tommy Lee Jones. CC			
STZENC	:16 Land of the Lost ('09) Will Ferrell, Anna Friel. CC			Rent ('05) Rosario Dawson. East Village artists cope with poverty and illness.			
SyFy	6:45 John Wick: Chapter 2 ('17) Keanu Reeves, Common. CC (DVS)				John Wick: Chapter 2 ('17, Action) Keanu Reeves.		
TBS	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal
TCM	Du Barry-Lady	Carmen Jones ('54, Musical) Dorothy Dandridge, Harry Belafonte. CC				Odds Against Tomorrow	
TMC	Obsession ('18)	Boyz N the Hood ('91, Drama) Larry Fishburne, Ice Cube. CC				Biker Boyz ('03, Action) CC	
TNT	47 Ronin	All Elite Wrestling: Dynamite (N) CC				47 Ronin	
Travel	Haunted	These Woods Are Haunted (N) CC				True Terror	
TV Land	Andy G.	Raymond	Everybody Raymond		Raymond	Two Men	Two Men
USA	:00 NCIS	WWE NXT (N) (L) CC				Law & Order: Special Victims Unit	
VH1	Black Ink	Black Ink Crew (N)		Wild/Out	Wild/Out	Wild/Out	Wild/Out
WGN-A	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met

Occasional naps linked to decreased heart disease and stroke

DEAR DOCTOR: I take a short nap at my desk a couple of times a week (I use earplugs and a mask), which my podmates love to tease me about. I just read that napping is good for your heart, but they say if you take a nap during the day, you won't sleep as well at night. Who's right?

DEAR READER: While it's certainly possible that for some people, a midday nap may interfere with the quality of nighttime sleep, it's not a given. In fact, a robust body of research has found numerous benefits of napping, both to physical and mental health. Napping has been shown to improve mood, increase alertness, improve performance and stave off late-afternoon fatigue. In many cultures, such as with the Spanish "siesta," the Italian "riposo" and the Japanese "inemuri," it's an integral part of daily life. Here in the United States, the benefits of napping have led a growing number of employers to encourage their workers to take advantage of a lunchtime recharge. Some of the larger tech companies have even installed specially designed recliners, called nap pods, which weave the idea of napping into their corporate culture.

Elizabeth Ko & Eve Glazier
Ask the Doctors

Most recently, a study published in the journal Heart has linked the practice of occasional napping to a decreased risk of heart disease and stroke. Researchers in Switzerland analyzed the nighttime sleep, daytime napping and general lifestyle habits of 3,462 adults between the ages of 35 and 75. About 20 percent of the study participants reported napping once or twice a week. At the end of eight years, the data suggested that those individuals had a lower risk of heart problems than the non-nappers. Interestingly, the same health benefits didn't extend to the most frequent nappers in the study, who researchers said tended to be older men who smoked and were overweight.

The exact reason for the better health outcomes of the occasional nappers aren't known. But inadequate sleep has been linked to a number of health problems, including high blood pressure, depression and heart disease, and the researchers suggested it's possible that occasional napping helps to make up for sleep deficit.

That said, there's an important distinction between a 10-to-20-minute nap in the middle of the day and dropping into deeper sleep for an hour or longer, particularly in the later afternoon. In those cases, not only do you run the risk of waking up thickheaded and groggy, which can take hours to shake off, it's possible for a late-day dive into sleep to interfere with nighttime sleep. The goal of a nap is to wake up feeling refreshed. To achieve that, you want to limit your nap to less than 20 minutes. That lets you get the rejuvenating benefits of the early stages of non-REM sleep. If you stay asleep much longer, you run the risk of diving into the deeper stages of the 90-minute sleep cycle. Waking up from deeper sleep often leaves you feeling dazed and disoriented, and it can take hours to fully recover.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health. Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

My values clash with my wish for private school

DEAR CAROLYN: I'm facing a (very privileged) decision that I could nonetheless use some help framing. We live in a neighborhood with a so-so public school option. Most parents do their best to lottery into other public or charter schools. Some go private.

We applied to and got into one private school, which we can afford, but it'll make money tighter than we are used to. I feel like my values supporting community and public school are at war with my other value of providing my child with an excellent education. We could move to a better school district, but have deep roots in our existing community we'd rather not cut.

Carolyn Hax

How to approach a choice like this? – Values at War

VALUES AT WAR: You start with the easier of your decisions: You stay in your community. You don't cut deep roots if you don't have to. Your child will be out of school before you know it, too, but your community will still be there.

Plus, more important in this context, your money stays put, too – supporting your local system even if your child attends private school.

As for which you choose: Kids need parents, not ideologies. You can believe fiercely in public schools on principle and have a child who is not well-served, in practice, by your local ones – due to any number of potential mismatches between what your school offers and what your child needs. They can involve the curriculum, the fellow students, the physical plant, the teaching and learning style, anything.

I am skeptical, though, of "so-so" as any kind of useful measure of how well a school will serve your kid. One "excellent" (by reputation) school did not work well for mine, and one that served them beautifully had low neighborhood enrollment because so many families opted for private.

And, of course, not all private schools are good – or good for your particular child. I hope that goes without saying.

You don't give an age, but it looks as if your child is just starting school and you applied to the private one before trying public. You also don't say how competitive the admissions are at the private school – meaning, whether it's now or never for this slot. If the details line up right, then why not give the public school a year (at least) to show you how it does for your child, and how your child does there?

This is where your beliefs do belong at the center of your decision – when there are no certainties to contraindicate what your values tell you to do. Try to honor your values on both fronts unless and until you have proof the two are in conflict. So if your values say public, and if you're not working with any decisive facts or experiences that say private, then give public a chance.

Better: If your circumstances permit (I know not everyone's will), then choose to be a big part of that chance yourself. Get informed, get involved, get *invested* – including with some of that cash – and help a "so-so" school improve.

For a deep look into this whole issue, micro and macro, read Nikole Hannah-Jones's memorable, unsparing New York Times Magazine piece from 2016: bit.ly/SchoolSeg. Yours is every parent's challenge, even as the details vary for every child involved.

Email Carolyn at tellme@washpost.com, follow her on Facebook at www.facebook.com/carolyn.hax or chat with her online at noon each Friday at www.washingtonpost.com.

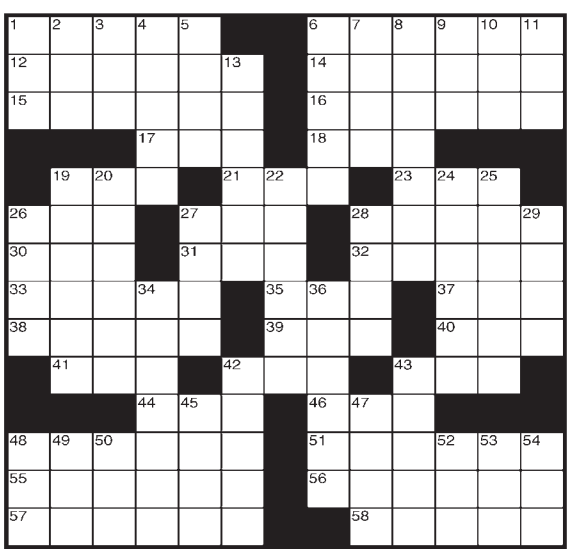
CROSSWORD

ACROSS
1 Small metal nails
6 Leader of the Huns
12 Harley competitor
14 Stowed
15 Disconnect
16 Natural
17 Atmosphere
18 Contractor's fig.
19 Thurs. follower
21 Drei less zwei
23 Scott Joplin piece
26 Street in Paris
27 Pallet
28 German pistol
30 Itch
31 Kind of poem
32 Fridge maker
33 Some aria singers
35 Put 2 and 2 together
37 Peak
38 Must-haves
39 Unisex wear
40 Sombrero
41 Shriveled up
42 Pisces mo.
43 Sci-fi computer
44 —'wester
46 Bother
48 Central Park sight
51 Reddish-brown
55 Piece of cake
56 Kitchen whistler
57 Approved
58 Eric Clapton classic

DOWN
1 Provo inst.
2 Rushed off
3 Sound booster
4 The One-L Lama
5 Feng —
6 UFO passenger
7 Coal units
8 Childish outburst
9 Muckraker — Tarbell
10 Net-nicking serve
11 Juice-based drink
13 Went along with
19 Energized
20 Tenant
22 Form a thought
24 Christie of whodunits
25 Friendly
26 Clancy hero Jack —
27 Decision-maker
28 Fill the hull
29 Absorbed
34 Adventuresome journey
36 Leave a ship
42 Sulked angrily
43 Shade-loving plant
45 Percolate slowly
47 Face-off
48 Cable network
49 Noah's vessel
50 Teachers' org.
52 Pigs' hangout
53 Bracket type
54 Drink with scones

Answer to Previous Puzzle

A	T	V		I	B	I	S			Q	U	A
N	E	O		F	O	R	A		A	T	M	S
T	A	I		F	O	A	L		I	S	A	K
E	C	L	A	I	R		K	I	D			
	H	A	L	E				N	E	A	T	
			G	R	A	C	E	D		D	E	S
I	N	C	A		Y	O	M		C	A	T	O
V	O	L	E		L	O	U		O	M	E	N
Y	E	A		N	A	S	S	A	U			
	L	Y	R	E				D	R	A	B	
			A	T	E		P	O	T	I	O	N
F	I	E	F		A	J	A	R		M	R	I
D	O	L	T		S	O	L	E		E	O	N
A	U	F			E	N	I	D		D	N	A



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JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

TGEAN

RXYOP

DWEILM

KRARED

I've always known that this was my calling.
You've come to the right place.
HE FELT HE WAS DESTINED TO BECOME A PRIEST, AND GOING TO THE SEMINARY WAS ---

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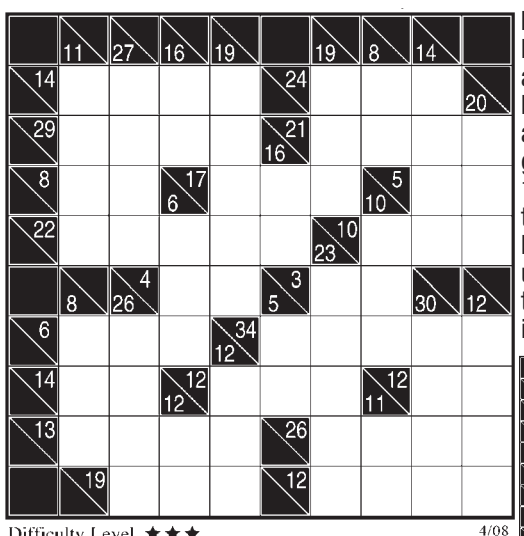
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans. here: _____

(Answers tomorrow)

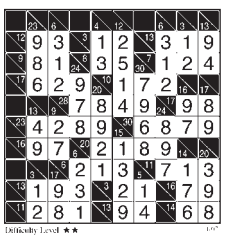
Yesterday's Jumbles: WITCH MUGGY NESTLE EVOLVE
Answer: They weren't sure which animal hospital to take their dog to, so they did some — VETTING

KAKURO



How to play: Numbers above the slash are across clues; numbers below the slash are down clues. The goal is to enter digits 1-9 in the white cells to add up to the number clues. You cannot use any digit more than once when adding up to a clue.

Difficulty Level ★★★ 4/08



BRIDGE

When you hear the word "split," what do you think about?

If you are particularly lithe, you may imagine doing the splits. If you are a 10-pin bowler, you will hope never to face a 7-10 split. Perhaps you live in a split-level house.

A good bridge player worries about suit splits and how to overcome bad ones. In today's deal, for example, how should South play his trump suit in four hearts for at most one loser?

In the auction, South was tempted to rebid three no-trump with his strong, balanced hand. But if he had, North would surely have passed, and declarer would probably have lost three clubs, one diamond and one heart.

In four hearts, South has one loser in each minor, so he can afford only one trump loser, not two. Yes, perhaps he should drive out the diamond ace first, but let's just worry about the trump suit.

If the five missing hearts are splitting 3-2, there will not be a problem. If they are 5-0, the contract will fail. So declarer should consider 4-1 splits.

If West has queen-jack-fourth, the contract is going down. But handling queen-jack-fourth in the East hand is manageable, given the useful nine and 10.

The correct play is for South to cash his heart ace (or king) first. Then, he should lead a low heart toward dummy's 10. Here, East takes the trick, but South gets to the board in spades and plays a heart to his nine.

If you worked out the best play, treat yourself to a banana split.

North 04-08-20
♠ A Q 4
♥ 10 4 3
♦ Q 10 2
♣ 7 6 4 3

West
♠ 10 8 7 2
♥ 6
♦ 8 7 5 4
♣ K Q J 9

East
♠ J 9 3
♥ Q J 8 7
♦ A 9 6
♣ 10 5 2

South
♠ K 6 5
♥ A K 9 5 2
♦ K J 3
♣ A 8

Dealer: South
Vulnerable: Both

South	West	North	East
1♥	Pass	2♥	Pass
4♥	Pass	Pass	Pass

Opening lead: ♣ K

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

				5	7			9
3			4				7	
	9		8	2				
1			9					3
	5	9		3		7	6	
4					8			5
				6	1		5	
	6				9			2
7			5	8				

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How to play: Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9.

PREVIOUS SOLUTION

7	9	6	4	5	3	1	2	8
4	2	8	6	9	1	3	5	7
1	3	5	8	7	2	9	4	6
6	7	9	3	2	5	4	8	1
3	1	2	7	8	4	6	9	5
8	5	4	9	1	6	2	7	3
5	8	3	2	6	9	7	1	4
9	4	7	1	3	8	5	6	2
2	6	1	5	4	7	8	3	9

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BH COUPLE WED 70 YEARS

Rodney and Evelyn (Anttila) Chevrette were married in Ishpeming Mi on April 8 1950.

With three kids in tow they moved to the Benton Harbor area in 1956.

Rod began his lower peninsula career as a truck driver hauling propane throughout the midwest. After attending Thermo King School he became a refrigeration mechanic developing a stellar reputation in the trucking community. In 1962 Rod became a maintenance foreman at Michigan Standard Alloys for 8 years. His last "paying Job" was as a front end alignment man at Hy Firehammer Tires from 1970 until retirement at the early age of 58 in 1990.

Evie began her career as a helper in the cafeteria at Johnson School and soon became the head cook, a job she enjoyed from 1963 to 1979. Leaving that position she moved to the BH Area Schools Food Service Office as a secretary until her retirement in 1991.

Their children are the late James (Sherry) Chevrette, Alan (Kathy) Chevrette and Susan Chevrette. They also have five grandchildren Cindy (Jon) Koch, Lisa Wojcik, James Chevrette Jr, (deceased) , Aaron (Terah) Howell and Scott Howell.

Rod's penchant for gardening and Evie's social calendar kept them very active in their retirement dividing their time between Michigan and Florida. They continue to enjoy their golden years with family and friends.

HOROSCOPE

By EUGENIA LAST

WEDNESDAY, APRIL 8

Reject excess, indulgence and unstable situations. Take a minimalist approach to life to bypass getting trapped in something impractical. Say no to changes that don't fit into your long-term plans. Staying in your comfort zone will ward off unnecessary limitations and stress.

ARIES (March 21-April 19) Think before you act. Handle an emotional situation with intelligence and honesty, not with a temper tantrum. Busy yourself with projects that require little interaction with others in order to accomplish the most.

TAURUS (April 20-May 20) Treat yourself to something that will encourage you to look at your options. An opportunity will arise if you can get firsthand information regarding something you want to pursue.

GEMINI (May 21-June 20) Hard work, discipline and understanding will help you overcome any obstacles. Set aside time to relax with someone who brings out the best in you.

CANCER (June 21-July 22) Don't make a change more difficult. Go with the flow instead of fighting the inevitable. An open mind will encourage you to see the benefits, not the detriments, of whatever situation you face.

LEO (July 23-Aug. 22) Your outgoing personality will inspire confidence in others. Events that require physical and mental stability are favored. Step into the limelight and show what you have to offer.

VIRGO (Aug. 23-Sept. 22) Establish friendships with people who care about the same things as you. Your leadership ability will give you the edge when faced with competition. Broaden your scope and reach for the stars.

LIBRA (Sept. 23-Oct. 23) Don't let anyone slow you down. Follow your heart and stick to whatever will bring you peace of mind. Keep life simple, stay within budget and say no to demanding individuals.

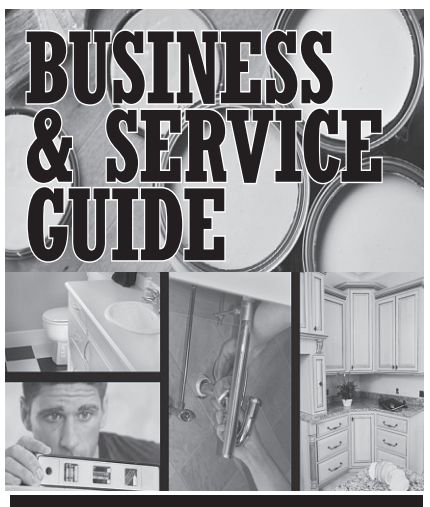
SCORPIO (Oct. 24-Nov. 22) Your memory won't let you down. Deal with the past so you can feel at ease moving forward. A change is overdue, and a new beginning will set you free.

SAGITTARIUS (Nov. 23-Dec. 21) Put greater emphasis on solid relationships. Refuse to let an outsider interfere with your plans. A commitment will enhance your stability. Romance is in the stars.

CAPRICORN (Dec. 22-Jan. 19) Do whatever it takes to make your environment less stressful. You don't have to go into debt to impress someone. A positive attitude will result in a cost-efficient change.

AQUARIUS (Jan. 20-Feb. 19) Don't let work interfere with personal plans. If you made a promise to someone you love, be sure to follow through. A last-minute change of plans will prompt an argument.

PISCES (Feb. 20-March 20) Stick to your budget, regardless of how tempting an offer might be. Trust your intuition, not someone who appears to have ulterior motives. Be a leader, not a follower.



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The Herald-Palladium

Detroit health care workers slammed by COVID-19

By ROBIN ERB
Detroit Free Press

DETROIT — About 1,500 workers – including 500 nurses – are off the job at Michigan's largest hospital system because of coronavirus symptoms.

The employees at Beaumont Health "have symptoms consistent with COVID-19," spokesman Mark Geary told Bridge Magazine Monday.

He said he didn't have a count on the number of physicians sickened. The remaining sidelined workers could be anyone "throughout the system," from front line medical staff to office personnel and others.

The sick count at Beaumont comes the same day that Henry Ford Health System said it had about 600-700 workers who had tested positive for COVID-19. Beaumont, in contrast, did not disclose how many of its 1,500 workers out with symptoms actually tested positive.

The combined numbers at Beaumont and Henry Ford are the latest indication of how fiercely the coronavirus has attacked metro Detroit. And they underscore the growing anxiety of hospital workers, most notably nurses, who are in close contact with COVID-19 patients, often without adequate protective gear because of limited supplies.

Geary said it's impossible to know how many of the Beaumont employees were exposed through work, by other family members or in the community.

Some employees, he said, are nearing the end of their seven days at home, have no symptoms, and are nearly ready to return to work.

The Southfield-based system, with eight hospitals, employs 38,000. The sick workers include those who perform patient care, as well as those who work in administration and support positions, Geary said.

The employees are asked to stay home, but not everyone is tested, Geary said.

Because there is no vaccine or treatment for COVID-19 and testing remains limited, the U.S. Centers for Disease Control has encouraged those without severe symptoms to recuperate at home. Still, the CDC has made "symptomatic healthcare workers" a priority for testing.

"Employees are only tested if they present themselves at a Beaumont (emergency center) or curbside screening and meet the guidelines to be tested," Aaron Gillingham, senior vice president and chief human resources officer at Beaumont Health, told Bridge Monday.

Beaumont employees must stay home for at least seven days, be fever-free for three days, and have no symptoms before returning to work, Geary said, adding that the seven-day period does not count against workers' "paid time off."

Gillingham said the 1,500 figure – which includes workers who are sick and presumed to have COVID-19 – is a more accurate portrayal of the impact of the virus' effect.

Beaumont Health told the Detroit Free Press a week ago that at the time it had "only a few dozen of our employees have tested positive for COVID-19."

On Monday, the system chose to report the larger number of sick workers, Gillingham said.

The impact on patient care was not immediately clear. Geary said only that Beaumont remains concerned about keeping staff healthy, as all hospitals are concerned during the COVID-19 crisis.

"There has been a lot of focus on beds and equipment," he said. "We need to focus on staff, too."

IN BRIEF

Area positive COVID-19 cases continue to rise

The number of positive cases of COVID-19 rose to 64 in Berrien County Tuesday, up from 60 reported Monday.

The Berrien County Health Department reported that out of those cases, 33 have fully recovered. The county still has two recorded deaths.

Van Buren County now has 17 cases, up from 16 reported Monday. Cass County has nine positive cases, up from seven. Each county still has one death.

The state and county health departments update the number of positive COVID-19 cases at 3 p.m. each day. For state numbers, visit www.michigan.gov/coronavirus.

Local numbers and information can be found at www.bchdmi.org, and at www.vbcassdhd.org/covid-19.

Lowe's store closed to in-person sales

BENTON TOWNSHIP — Lowe's Home Improvement in Benton Township is closed except for online ordering and pick-up at this time, a manager confirmed Tuesday.

He declined to give further information and the corporation's public relations office did not return a call requesting comment.

Benton Township Police Chief Brian Smit gave the store a cease and desist letter Saturday, ordering it to stop selling non-essential items, especially from the garden center.

Gov. Gretchen Whitmer has ordered residents to stay home and businesses to only sell essential items to slow down the spread of the COVID-19 pandemic so hospitals aren't overwhelmed with patients.

While the governor's stay-at-home executive order is in place, home improvement stores are only allowed to supply goods to the general public that are "necessary to maintain and improve the safety, sanitation and essential operations of a residence," and should have as few employees as needed to support those sales, according to a news release from Attorney General Dana Nessel.

Hagar Township looking to fill treasurer position

RIVERSIDE — The Hagar Township Board of Trustees is looking to appoint a township resident to its vacant treasurer position.

The vacancy was created by the resignation of Marlene Davis at the end of March.

The treasures term is through the end of the year and the person appointed would have to run for election this November to keep the position.

Anyone interested in being considered for the appointment can send, or drop off, a letter and resume to Hagar Township Hall, 3900 Riverside Road, Riverside Michigan, 49084. It can be addressed to Township Supervisor Izzy DiMaggio.

The township would like the letters today. For more information, call DiMaggio at 849-0455.

OBITUARIES

Luvern 'Vern' Hoyle

March 13, 1949 – March 11, 2020

Luvern "Vern" Hoyle, 70, transitioned March 11, 2020, at Caretel Inns of St. Joseph.

A public visitation will be held from 11 a.m.-noon on Thursday, April 9, at Robbins Brothers Funeral Home, Benton Harbor, with a private service for immediate family to follow. Those wishing to sign the guest book online may do so at www.robbinsbrothersfh.com.

Vern was born on March 13, 1949, in Panama City, Fla., to the union of Addie Mae Thomas and Joseph Bryant. While walking home from school, she met an Air Force man named Willie Marvin Hoyle, and they married June 10, 1967.

She leaves precious and fond memories with: daughter, Kenya (Rev. Thomas) Fields; son, Marvin (Kennethia) Hoyle; ex-husband and friend, Marvin Hoyle; brother, Woodrow Anderson; special cousin and sister, Lillie Ruth Collier; sister-in-law, Precious Hoyle; brother-in-law, JT Smith; special niece, Betty Gaines; extended brothers and sisters: Carolyn Booth, Jessie (Mary) Whitfield, James Cooper Jr., Larry (Pam) Cooper, Dennis Cooper, Rose Cooper and Jackie Cooper; seven grandchildren; one great-grandson; and a host of nieces, nephews and cousins.

Vern is preceded in death by her parents, Addie Mae Thomas and Joseph Bryant; brothers, Richard Thomas, Busta Lee Thomas, Robert Whitfield Jr., LC Cooper and Willie Whitfield; sisters, Flossie Anderson and Alma Patterson; aunt, Lillie Mae Smith; sister-in-law, Pauline Anderson; niece, Alma Jean Patterson; special cousin, Dionne Whitehead; godparents, Sam and Annie Mae Cooper and Tavena Cooper; and extended family, Shirley Fields and Beverly Fields.

George Gregory Timmins

Feb. 10, 1961 – April 6, 2020

George Gregory Timmins, born Feb. 10, 1961, in Houston, died peacefully at home in Conroe, Texas, after a long battle with cancer on April 6, 2020. He was 59.

George was a graduate of Cy-Fair High School (BFND), Cisco Jr. College and Eastern New Mexico University. He was a licensed athletic trainer by the National Athletic Trainer Association (NATA) and the state of Texas. George was an active member of Southwest Athletic Trainer Associations (SWATA) and Greater Houston Athletic Trainer Society (GHATS). George was an athletic trainer at Waller High School, Texas Sports Medicine Center (Tomball), Concordia Lutheran High School, Cy-Ridge High School and Montgomery High School. He retired in 2020 as a teacher at Conroe High School Academy of Science and Technology. His purpose in life was to take care of his students and athletes.

George loved the outdoors, hunting and golf. He enjoyed working with his hands and doing woodworking projects. George was a member of Tree of Life Lutheran Church in Conroe, where he served on the church council.

George was preceded in death by his parents, Charles G. and Bonnie (Fry) Timmins; brother, John (Chris) Timmins; and father-in-law, Richard Hasse.

George is survived by his wife of almost 30 years, Julie (Hasse) Timmins; children, Brooke Timmins (Hermitage, Tenn.) and Wade Timmins (Conroe); sister, Betty Ann (Timmins) Williams; mother-in-law, Lillian Hasse; sisters-in-law, Denise Peel and Melissa Timmins; brothers-in-law, Jim Hasse and Steve Williams; nieces, Amanda (Kevin) Jessop and Katlyn Timmins; and great niece and nephew, Evelyn and Asher.

As the immediate family grieves and mourns, we understand the desire of friends and family to come together and mourn George's passing; however, due to the current pandemic and social restrictions, we feel that for the benefit of public health and safety, memorial services should be held at a later date to be announced. In lieu of flowers, the family asks that memorial contributions may be made to Tree of Life Lutheran Church in Conroe or to the charity of your choice.

Death notices

Wendy Cornish, 75, of Lawton died April 2, 2020, in Lawton. Betzler & Thompson Life Story Funeral Home, Paw Paw, 657-3870.

Gloria Gregg Eilert, 93, of Coloma died April 6, 2020, at her residence. Duffield & Pastrick Family Funeral Home and Cremation Services, Coloma, 468-6000.

Ruthie Mae Green, 92, of Benton Harbor died March 27, 2020, at Lakeland Medical Center, St. Joseph. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Richard Griffith, 85, of Decatur died March 30, 2020, in Decatur. Betzler & Thompson Life Story Funeral Home, Paw Paw, 657-3870.

Luvern "Vern" Hoyle, 70, of Benton Harbor died March 11, 2020, at Caretel Inns of Lakeland, St. Joseph. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Ronald Roseburg, 61, of Benton Harbor died April 3, 2020, in Grand Rapids, Mich. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Lee Amy Sommerud, 90, of St. Joseph died April 5, 2020. Purely Cremations – Starks Family Funeral Homes and Cremation Services, Benton Harbor, 926-9440.

George G. Timmins, 59, of Conroe, Texas, died April 6, 2020. Eickenhorst Funeral Services, Conroe, (936) 788-1145.

Fredrick G. Whitman, 76, of Berrien Center died April 6, 2020, at home. Bowerman Funeral Home, Eau Claire, 461-4241.

Lee Amy Sommerud

March 16, 1930 – April 5, 2020

Lee Amy Sommerud went to sleep in death on the morning of April 5, 2020, following a lengthy illness.

Our beloved Mom gave us life and gave us hope for a better life soon to come. As one of Jehovah's Witnesses, she lived her life sharing the Bible's hope of a Paradise earth under God's Kingdom with her neighbors. She will always be remembered as a wonderful mom, grandmother, great-grandmother and a mentor to many.

She is survived by her four children: Erik (Linda) Sommerud, Kirsten (Robert) LaViolette, Joren (Gregory) Harris and Jon (Sona) Sommerud; and five beloved grandchildren and their families, which included four great-grandchildren. She is also survived by four sisters. All share her hope and look forward to seeing her beautiful smile again in the future.

She was preceded in death by her loving husband, Alfred "Bud" Sommerud, in December, 1993.

Memorials may be made online at www.jw.org.

Carlene Brown

June 2, 1948 – April 5, 2020

Carlene died Sunday, April 5, 2020, surrounded by her loving family.

Carlene's life began June 2, 1948, in Watervliet. She was a lifetime area resident. For many years she enjoyed giving back to her community through being a Boy Scout leader with her husband, John. She also enjoyed painting, putting together puzzles and decorating cakes.

Her greatest joy was spending time with her family she leaves behind to cherish her memory, which includes: three children, Mike (April) Brown, Richard (Jennifer) Brown and Sherry Stuart; 10 grandchildren: Amanda, Darcy, Ashley, Jasmine, Tori, Taylor, Lauren, Crystal, Emily and Jordyn; a great-grandchild, Lennox; two sisters, Jeannie Downs and Glenna (Ray) Loomis; and many nieces and nephews.

She is preceded in death by her husband, Carlyle "John" Brown; and her parents, Carl and Betty (Smith) Stuart.

Carlene's family is gathering Thursday for a private burial in Watervliet Cemetery. Once we can all gather again, we will celebrate Carlene's life with a memorial service at Hutchins Funeral Home in Watervliet. You are invited to leave a message of comfort for Carlene's family at hutchinsfuneral.com.

Trump upends virus oversight, removing key official

By ERIC TUCKER, MATTHEW DALY and MARY CLARE JALONICK
Associated Press

WASHINGTON — President Donald Trump is moving aggressively to challenge the authority and independence of agency watchdogs overseeing his administration, including removing the inspector general tasked with overseeing the $2.2 trillion coronavirus rescue package that passed Congress with bipartisan support.

In four days, Trump has fired one inspector general tied to his impeachment, castigated another he felt was overly critical of the coronavirus response and sidelined a third meant to safeguard against wasteful spending of the coronavirus funds.

The actions have sent shock waves across the close-knit network of watchdog officials in government, creating open conflict between a president reflexively resistant to outside criticism and an oversight community tasked with rooting out fraud, misconduct and abuse.

Evan Vucci / AP

President Donald Trump listens during a conference call with banks on efforts to help small businesses during the coronavirus pandemic, at the White House in Washington on Tuesday.

The most recent act threatens to upend scrutiny of the $2.2 trillion coronavirus rescue effort now underway, setting the stage for a major clash between Trump, government watchdogs and Democrats who are demanding oversight of the vast funds being pumped into the American economy.

"We're seeing since Friday a wrecking ball across the IG community," said Danielle Brian, executive director of the Project on Government Oversight, a government watchdog group.

The latest broadside came Tuesday when the Defense Department revealed that Trump had removed acting inspector general Glenn Fine, an experienced official, from his role as head of a coronavirus spending oversight board. It was unclear who might replace Fine, who also lost his title as acting inspector general.

House Speaker Nancy Pelosi called Fine's abrupt removal "part of a disturbing pattern of retaliation by the president against independent overseers." Trump, she said, is attempting to "disregard critical oversight provisions that hold the administration accountable to the law."

Trump himself shed little light on the decision as he spoke to reporters Tuesday evening, saying he doesn't know Fine, but had "heard the name."

A day earlier, Trump had asserted without evidence that an inspector general report warning of shortages of coronavirus testing in hospitals was "just wrong" and skewed by political bias. The report surveyed more than 300 U.S. hospitals.

BERRIEN COUNTY TRIAL COURT

Sentences

St. Joseph

Receiving/concealing stolen property

Antonio T. Wimberly Jr., 18, of Jennings Avenue, Benton Harbor, 182 days in jail, credit for 182 days served, for receiving/concealing stolen property, a motor vehicle, Aug. 15, 2019, in Benton Harbor.

Larry J. Davis, 33, of Spruce Street, Sawyer, 61 days in jail, credit for 61 days served, and $1,000 in restitution for attempted receiving/concealing stolen property valued between $1,000 and $20,000, a motor vehicle, Jan. 20 in Chikaming Township.

Assault

Sylvia Marie-Ann McCarver, 42, of East Britain Avenue, Benton Harbor, 180 days in jail, credit for 56 days served, $2,738 in fines and costs and 3 years probation for domestic violence third offense, an assault on a man, Feb. 4 in Benton Harbor.

Tampering with tether

Tawona R. Atkins, 45, of River Terrace, Benton Harbor, 90 days in jail and $198 in costs for tampering with an electronic device, a jail tether, Feb. 7 in Benton Harbor.

Weapons violation

Kimbay M. Franklin Jr., 23, of Colfax Avenue, Benton Harbor, 180 days in jail, credit for 52 days served, and $198 in costs for carrying a concealed weapon, a pistol, in a motor vehicle, Feb. 8 in St. Joseph.

Drugs

Theresa F. Blackston, 21, no permanent address, 39 days in jail, credit for 39 days served, $2,318 in fines and costs and 2 years probation for possession of a controlled substance, methamphetamine, Dec. 19, 2019, in Coloma Township.

Reilli J. Buckner, 24, of Lebanon, Mo., two concurrent terms of 120 days in jail, credit for 65 days served, and $266 in costs for two counts of possession of narcotics, less than 25 grams cocaine, Jan. 26 in Benton Township.

Niles

Robert J. Baldwin, 59, of Red Bud Trail, Berrien Springs, 16 months to 5 years in prison and $198 in costs for attempted third-degree criminal sexual conduct, an assault on a woman, Nov. 5, 2019, in Oronoko Township.

DO YOU REMEMBER?

25 years ago – 1995

Michael Prittinen, a Baroda real estate broker and owner of Multech Inc. in Baroda Township, bought the 102-year-old former Michigan National Guard Armory in St. Joseph last week for $400,000. The sale still must be OK'd by the state historic preservation office. When he decides what he wants to do with the property – which he said may be within a few weeks – he will present plans to St. Joseph city officials.

35 years ago – 1985

Lake Michigan College women could only stroke four hits, but they still tripped Southwestern Michigan College 2-1 and 7-1 in a doubleheader this afternoon.

The Roadrunners, playing their initial softball season, led the opener 1-0 until LMC scored twice in the sixth on an error and a steal of home by Ruth Simmons.

The game was marked by a heavy snowstorm in the seventh inning.

50 years ago – 1970

Local author Everett Claspy, historical writer for many facets of life in southwestern Michigan, has published his third book. "The Dowagiac-Sister Lakes Resort Area and More About Its Potawatomi Indians" features newspaper data and Claspy's recollection on the former thriving lake resort business at the turn of the century.

Sister Lakes, Dewey, Magician, Cable and Indian Lakes are reviewed through the author's study of old feature stories and interviews with residents on and near the lakes.

TODAY IN HISTORY

By THE ASSOCIATED PRESS

Today is Wednesday, April 8, the 99th day of 2020. There are 267 days left in the year.

Highlight in history:

On April 8, 1864, the United States Senate passed, 38-6, the 13th Amendment to the U.S. Constitution abolishing slavery. (The House of Representatives passed it in January 1865; the amendment was ratified and adopted in December 1865.)

On this date:

In 1513, explorer Juan Ponce de Leon and his expedition began exploring the Florida coastline.

In 1904, Longacre Square in Manhattan was renamed Times Square after The New York Times.

In 1911, an explosion at the Banner Coal Mine in Littleton, Alabama, claimed the lives of 128 men, most of them convicts loaned out from prisons.

In 1913, the 17th Amendment to the Constitution, providing for popular election of U.S. senators (as opposed to appointment by state legislatures), was ratified. President Woodrow Wilson became the first chief executive since John Adams to address Congress in person as he asked lawmakers to enact tariff reform.

In 1952, President Harry S. Truman seized the American steel industry to avert a nationwide strike. (The Supreme Court later ruled that Truman had overstepped his authority, opening the way for a seven-week strike by steelworkers.)

5-Day Forecast for St. Joseph

Today	Tonight	Thursday	Friday	Saturday	Sunday
FEW SHOWER	SHOWERS LIKE	SHOWERS LIKE	PARTLY CLOU	CHANCE SHOWERS	FEW SHOWERS
56°	39°	41° / 31°	40° / 32°	48° / 42°	46° / 38°

Local Outlook

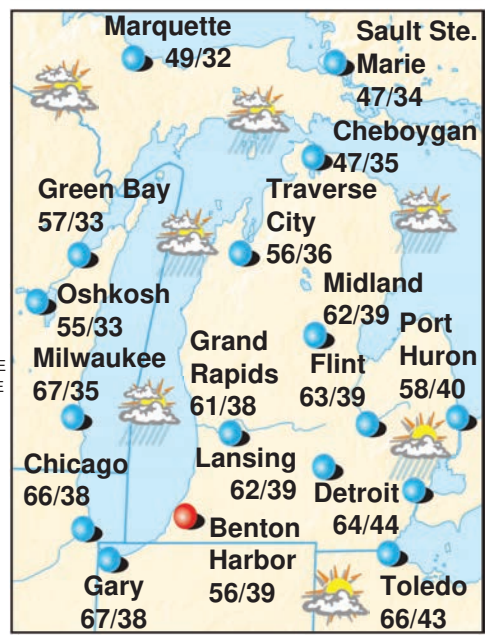
TODAY WE WILL SEE MOSTLY C SKIES WITH A 60% CHANCE SHOWERS, HIGH TEMPERATURE HUMIDITY OF 72%. WEST WIND 1 MPH. EXPECT MOSTLY CLOUDY TONIGHT WITH A 75% CHANCE SHOWERS, OVERNIGHT LOW OF WEST NORTHWEST WIND MPH.16

Sun and Moon

SUNRISE..... 7:15 A.M.
SUNSET..... 8:19 P.M.
MOONRISE..... 9:16 P.M.
MOONSET..... 7:55 A.M.

LAST 4/14 · NEW 4/22 · FIRST 4/30 · FULL 5/7

Regional Map



Local Almanac

BENTON HARBOR YESTERDAY

Temperature

HIGH	76°
LOW	55°
NORMAL HIGH	56°
NORMAL LOW	36°
RECORD HIGH	77° IN 2001
RECORD LOW	21° IN 2007

PRECIP

YESTERDAY	0.91"
MONTH TO DATE	1.16"
NORMAL FOR MONTH	0.69"
YEAR TO DATE	8.05"
NORMAL YEAR TO DATE	6.34"

Air Quality

YESTERDAY..... 40
MAIN OFFENDER..... OZONE

THE HIGHER THE NUMBER, THE GREATER THE NEED FOR PEOPLE WITH RESPIRATORY PROBLEMS TO REDUCE OUTSIDE ACTIVITY.

0-50 ..... GOOD
51-100 ..... MODERATE
101-150 .... SENSITIVE
151-200 .. UNHEALTH

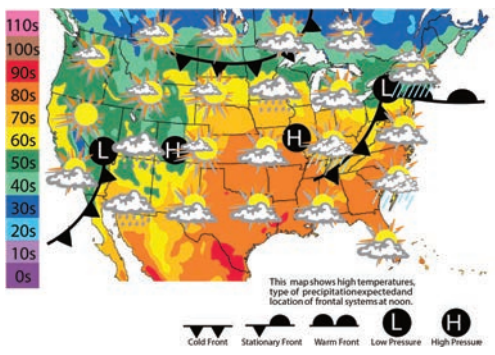
Weather Trivia

What was known as the billion dollar lightning strike?

Answer: IN 1977, LIGHTNING HIT A NEW YORK CITY POWER LINE, CAUSING A 24-HOUR BLACKOUT.

National Weather Map

FORECAST MAP FOR APRIL 8, 2020



FOR LATEST WEATHER UPDATES VISIT AccuWeather.com/HP

Lake Michigan

TODAY, N WIND 5 TO 7 KT. A CHANCE OF SHOWERS. WAVES 1 TO 2 WATER TEMPERATURE 39 DEGREES. TONIGHT, VARIABLE WINDS LESS KT. WINDS COULD GUST AS HIGH AS 28 KT. SHOWERS

Michigan Forecast

Upper Peninsula

TODAY, SKIES WILL BE MOSTLY CLOUDY WITH WIDESPREAD SHO THE 40S AND 50S. WEST WIND 5 TO 10 MPH. EXPECT MOSTLY CL THURSDAY WITH SCATTERED SHOWERS AND SNOW SHOWER 30S. WEST WIND 12 TO 19 MPH.

Lower Peninsula

TODAY, SKIES WILL BE PARTLY CLOUDY WITH SCATTERED SHOWERS, HI 50S AND 60S. WEST WIND 1 TO 6 MPH. EXPECT PARTLY CL THURSDAY WITH SCATTERED SHOWERS AND RAIN, HIGHS IN NORTHWEST WIND UP TO 18.

Michigan's state of emergency extended to April 30

Decision does not impact stay-at-home order

By LAUREN GIBBONS
mlive.com

Michigan's state of emergency due to the COVID–19 pandemic was extended through April 30 by the state House and Senate Tuesday in an unconventional legislative session.

The state of emergency declaration – Gov. Gretchen Whitmer issued March 10 after the first confirmed cases of the coronavirus were reported in the state – gives Whiter and her administration additional executive authority to respond to the coronavirus.

Extending the state of emergency does not impact the deadlines or rules outlined in orders issued since the state of emergency went into effect on March 10, including the stay-at–home order that bars non-essential in-person business and activities.

The 23-day extension isn't what Whitmer initially asked for – she requested lawmakers approve a 70-day extension that would extend the state of emergency into mid-June.

Many Republicans felt that was too long without additional legislative review, although some Democrats have argued continuing to bring lawmakers in for session as the disease continues to spread could increase exposure risks.

An effort from Senate Minority Leader Jim Ananich to amend the resolution and extend the state of emergency the requested 70 days was rejected on the Senate floor.

In a Tuesday afternoon press call with reporters, Whitmer said lawmakers can come back as much as they want, even though it goes against recommendations from health officials. She reiterated the importance of social distancing, and said it's important for the legislature to extend the state of emergency to ensure proper protections remain in place for people impacted by the disease.

THANK YOU HEALTHCARE HEROES
Please join us in celebrating our healthcare heroes. Read and sign the "Thank You" card at lakemichigancollege.edu/thankyou
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